

Dance Your Socks Off

Create An Alphabet Dance



Transitions In The Alphabet Dance

Learn transition moves that help you move your body from one pose (alphabet letter) to the next. By adding transition moves our alphabet postures can be used to create a dance sequence.

What do you need?

- comfortable clothes
- pen
- paper
- a large space

Let's explore

1. Choose a theme to be the basis of your Alphabet Dance. Choose from:
 - subjects or themes from your studies
 - books, songs, movies or programs
 - seasons or special events
 - your own idea
2. Once you have chosen a theme, brainstorm a list of words related to it.

What's next?

1. To further refine your moves, practise moving between the letters of your words with different transitions, eg:
 - jump
 - roll
 - free-form body movement

Don't forget!

- The Alphabet Dance can be quite a work-out! Make sure you warm up before you start.
- Transitions are there to help you move smoothly from one letter to the next. So list all the moves with a short description to help you remember for next time.

What have you learned?

- What theme did you choose and why? What are some other potential themes?
- Which transition move do you like the best? Can you demonstrate another variation to the class?
- How do transition moves help the flow of the dance and which ones work best?