

Episode 23: BFF: Best Friends Forever

Clip: The Music in You

Activity: Dance without Music

Theme: Dance Skills

Elements of dance: **body, time**

1. As a class, view the clip, *The Music in You*, where Hip Hop and Contemporary moves are blended together and danced to a sound track with strong underlying beats. It shows that dance from one style or genre can be performed to music from another style or culture. Dance is usually performed to music, but sometimes it is performed without.
2. Indian dancer, Natharki, says: "...*dance in silence forces the audience to be quiet. The lack of music makes them concentrate on the movement of the dance. Initially, there is a resistance in one's mind to focus on the dance exclusively. But soon they surrender to the image of the dance. It is a new experience for most people but they soon start enjoying it.*" Discuss with students the fact that dance can be seen as moving sculpture.
3. As a class, discuss and list other sound stimulus for dance, i.e. body sounds like heartbeats, breathing, and the rhythm as a person walks around a room. Have students use **Student Activity Sheet: E23.2: Sounds for Dance** to list different ideas. They could also record the sounds to use later.
4. Have students warm up by walking around the space, changing direction frequently and keeping a distance of a foot or two between themselves and other dancers. Each foot fall should be in unison to your claps. Gradually speed the tempo up. Students will keep in time with you. Stop clapping but have students maintain the pulse.
5. Divide the class into pairs and have each pair design a dance phrase for a duet. Each phrase has to use an existing pulse whether it is emulating the sound of footsteps, a heartbeat, a clock ticking, or strong breaths. But there can't be any music.
6. Once students have rehearsed the phrase, ask them to perform it for the rest of the class. Students should be encouraged to provide peer assessment for diagnostic purposes.

Download

- Student Activity Sheet E23.2: Sounds for Dance

Useful resources

- Ausdance Video Segment 4 - Safe Warm Up, Basic Contemporary Dance
- [Ausdance Factsheet 16: Caring for the dancer's body](#)
- [Ausdance Factsheet 11: Producing a dance performance](#)
- [Dances on the Footpath](#)
- Smith-Autard, J. *Dance Composition: A practical guide to creative success in dance making*, A&C Black; Paperback/DVD edition (August 3, 2010).
- Snook, B, *Dance...Count me in*, McGraw Hill, Sydney, Australia, 2004.



NAME:

Student Activity Sheet: E23.2

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Sounds for Dance

While you sit here, write down all the sounds you hear. Listen carefully into the distance and to the noises right next to you. These could all be used as a sound track to a dance, for a variety of dance styles and performances. What other noises that you hear every day could you use in a dance?

List them here ↓

Pick two of the noises written in the list above and write some ideas for a dance stemming from that idea. Try to be as creative and individual as possible. Write these ideas here ↑