Improv in Dance Classes

Elizabeth Dunn
Western Oregon University, edunn15@mail.wou.edu

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Background on improv

- Improv was born when dance was born, people found music and with it movement and that movement was not structured making it improv
- Rhythmic tap
- Forsythe improv
  - Is based on reconstructing ballet
  - Has 30 movement concepts
- Contact improv
  - Created by Steve Paxton in the 1970s
Uses of improv

- Many auditions ask dancers to improv
- Allows one to become aware of their natural movement vocabulary
- Improv isn't limited to modern or postmodern dance which can be seen if you look at the roots of improvisation, so it may be used in other forms
- In many companies creation of new choreography
- Dance conventions or competitions may require improv
Skills that improv builds

- Confidence
- Self-esteem
- Ability to express oneself
- Ability to adapt
- Performance skills
- Trust
- Breathing while dancing
## Example class structure

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
<th>Focus</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Warming Up <em>(Teacher-directed work)</em></td>
<td>Remembering</td>
</tr>
<tr>
<td>2.</td>
<td>Exploring the Concept <em>(Student-centered work)</em></td>
<td>Understanding</td>
</tr>
<tr>
<td>3.</td>
<td>Developing Skills <em>(Teacher-directed work)</em></td>
<td>Applying</td>
</tr>
<tr>
<td>4.</td>
<td>Creating <em>(Student-centered work)</em></td>
<td>Analyzing/Creating</td>
</tr>
<tr>
<td>5.</td>
<td>Cooling Down <em>(Teacher-directed and student-centered work)</em></td>
<td>Evaluating</td>
</tr>
</tbody>
</table>
Example exercises

- Spelling
- Using an image (copying the images pattern or flow, or being inspired by the aesthetic of the image)
- Using words (using verbs or using a poem or story)
- Provide a stimulus real, imaginary or emotional
- Copying
- Conversation
An exercise example

- The exercise is a warm up done across the floor
- It involves progressively changing levels from the floor to standing, with each pass made across the floor
- It is meant to allow the students to stretch what they need
Citations


Citations


Schneer, Georgette. *Movement Improvisation*. 