Today you will be creating an original dance using the Wash with Words phrases.

**BRAINSTORMING PAGE**

Expectations of the dance:

* Each movement needs to be 8 counts.
* Every movement needs to be used at least once in the dance.
* Each movement needs to incorporate an upper and lower body component (e.g., walk forward with Frankenstein arms).

|  |  |  |  |
| --- | --- | --- | --- |
| **Phrase #1** | **Phrase #2** | **Phrase #3** | **Phrase #4** |
|  |  |  |  |

|  |
| --- |
| **Place the words in order of how you plan to perform the movements.** |
| Word #1 | Word #2 | Word #3 | Word #4 | Word #5 |
|  |  |  |  |  |
| Write a brief description of what the dance movement looks like for you to remember. |
|  |  |  |  |  |
| Please list any / all movements, pathways, levels and relationships used. (Please use list below) |
|  |  |  |  |  |

**Options to use for locomotor movements, non-locomotor movements, pathways, levels, & relationships.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  **Non-Locomotor** | **Locomotor** | **Pathways** | **Levels** | **Relationships** |
| stretch, bend, twist, turn, rise, fall, swing, rock, tip, shake, suspend, pivot | slide, walk, hop, grapevine, skip, run, jump, roll, crawl, gallop, turns, march | forward, backward, sideward, diagonal, right, left, stationary | highmediumlow | in front, beside, over, under, alone/connected, near/far, group set-up(line, circle, facing) |