

Creative Dance

General Notes	(00:00:00 – 00:00:53)	
Level 1	(00:00:54 – 00:07:55)	
Action	Walk, Run, Jump and Freeze	(00:00:54 - 00:02:06)
	Pony Gallop	(00:02:07 - 00:02:33)
	Open and Close	(00:02:34 - 00:02:59)
Space	Aerial Directions and Shapes	(00:03:01 - 00:03:25)
	Pathways	(00:03:26 - 00:04:08)
Body	Body parts	(00:04:09 - 00:06:22)
	Joints and body movements	(00:06:23 - 00:07:29)
Effort	Four beats (Hands and feet)	(00:07:30 - 00:07:54)
Level 2	(00:07:56 – 00:13:37)	
Action	Walk, Jump, Turn and Freeze	(00:07:56 - 00:08:39)
	Leaping on one foot	(00:08:40 - 00:08:58)
Space	Large or Small	(00:08:59 - 00:09:49)
	High, Middle and Low	(00:09:50 - 00:12:09)
Effort	Speed of Falling and Rising	(00:12:10 - 00:12:28)
	Strong and Direct--- Striking	(00:12:29 - 00:12:54)
	Boxing	(00:12:55 - 00:13:22)
Relationship	Body contact with partners	(00:13:23 - 00:13:38)
Level 3	(00:13:38 – 00:20:57)	
Action	Gesture	(00:13:40 - 00:14:13)
Body	Symmetrical and Asymmetrical	(00:14:14 - 00:15:24)
Space	Above, Below and Passing	(00:15:25 - 00:16:17)
	Imagine doing tight-rope walking	(00:16:18 - 00:17:57)
Relationship	Interaction between two forces	(00:17:58 - 00:20:56)
Examples of Classroom	(00:21:01 – 00:40:30)	
Space: (Aerial Pathways and Shapes)		(00:20:50 - 00:25:29)
Relationship: Body Contact with Partners		(00:25:32 - 00:32:02)
Action: Skating		(00:32:05 - 00:40:29)