Student Name:

Name of Dance:

**Whole Body/Parts**
What do the dancers do with their WHOLE bodies?

How were different PARTS of the body used?

**Initiation:** Where does the movement mostly start? Circle or ☑ your choice:

- ☐ CORE ............................................................ DISTAL ☑
  - Center of the body
  - Torso, back, core
  - Ends of the body
  - Hands, Feet, Heel

**Body Shapes**
What shapes did the body make? Please draw or describe:

What else did you notice about how the body was used in this dance?

**Personal Reflection**
Could you see yourself doing this movement? Why or why not?

2013 Perpich Center for Arts Education (Aldis)
May be reproduced for professional development training and classroom use by teachers.