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### Easy Ways to Choreograph a Dance Sequence

A Constructivist approach to dance teaching and choreography. In this exercise the students will choreograph while the instructor guides them through the activity. The students will build upon the first activity.

1) The Names: Break students up into groups of 6-8 people. Have them make a circle. One person will say their first name while performing one move..any move. The person on their right says and performs the first students name and move and then will add his/her name and move to make two moves. This sequence continues around the circle until all members have said everybody's' name and move and added their own. Each group will perform their movement sequence.

2) Each group performs the sequence without saying their names. Add activity two to activity #1.

3) Each group puts dance sequence to counts and music

4) Each group adds level changes: low-floor, middle-standing, high-air

5) Each group adds walking pattern

6) Each group adds direction changes

7) Each group adds a task-something all group members have to perform as a job before going to next part of dance

8) Each group adds 3 fashion model or superhero poses-can mix them up

9) Each group adds in 1 sport move

10) Each group adds in a movement of their choosing that will end their dance sequence.

Each group will perform their movement sequence to music.