

Practice Combining Dance and Drawing . Vo'Arte

Connect improvisation in real time through dance and drawing

Duration: 45 minutes

The main objective of this exercise is to promote connection by observing and creatively combine dance and drawing. It is a lead exercise to a group of 6 to 20 participants.

Step 1: Meeting Point with the body and the other

The group forms a circle and gets the awareness of the time, space and body. Take some minutes with the group to concentrate in the space and connect to the energy of the circle. Each person chooses a partner through eye contact.

Step 2: Pairs in to real time improvisation

Use a specific area of the space that is chosen by each pair. One is going to move freely but under theme and with the word connection. So, freely improvise movements with the word in the back of the mind. Meanwhile the other person is comfortable sitting and drawing freely in to the paper, with shapes, lines or anything that also in an improvisation mode comes up. The time of each improvisation should be short, about 2 min each.

Step 3: Pairs in to dialogue

After having improvised and switched among each pair, both show their drawing of the partner dancing.

And free dialogue about the experience, but focus on where is the points where the sensation of connection comes in to the drawing. Making the recognition of some movement's through the drawing, or vs, recognize the drawing connecting to the movement

Step 4: Recognize connection through movement

In solo choose a space, and use the drawing (your partiture) made by your partner, to guide your through the next movement improvisation. Read the energy of the drawing and use the physical memory to get to the key core of the connection moments related to the drawing and dance

Step 5: Share with the group

In to the circle with the whole group, each person shares the solo improvisation made by the sharing experience of drawing and dancing, bringing again the connection points in to the physical experience. Each person at a time goes in to the middle of the circle and starts her improvisation solo, and for the next person to start, has to feel where is the connection point to get in to the middle of the circle and start. It flows by everyone sharing the space, time and connect through movement.

tools necessary for the activity: - two A4 paper per pair
- one color pencil per pair
- large and safe space in which the work can be developed