3
RHYTHM in DANCE

- Standing meditation - Stand still, close your eyes, bring your attention to the body, how do you feel, what sensations are passing by, if you feel any tension, blockage, try to relax that area by sending the breath there. Check your heart rhythm, the nature of the breath. Come with your feet apart and melt into a plie, soft heavy pelvis, melt the sternum, relax the shoulders. - 5

- Rotational Embrace
    - Big rotations - **AMON TOBIN SLOWLY. 5:38**

- Walk and pulse with the music (torso) - **OLORUN**

- BOUNCE - front and back, change directions, big steps. - **OLORUN - 6:47**

- DOUBLE the rhythm, SUSPEND, LOOP, PAUSE, JUMP. - / **time moves slow.** (Use the arms to help you). - 7:35

- Draw a cross on the floor (tape). Step alternatively in each space following the rhythm of the music - **TIME WRAP. - 8.**

- **All in one ? - SADDLE - 2:29.**

- SAU The head/torso/pelvis, then ALL & STEPS.

- **TASK:** IN SILENCE > record a three minutes improvisation: create a rhythm with your legs, variate it and change it as you feel, follow the impulses with trust. Let it become as random and surprising as possible. Give space for both dynamic and slow movement.