

Name: _____ Period: _____
Date: _____ Date of Absence: _____

LEVELS:

There are three kinds of levels...

HIGH. Medium. *Low.*

High range (movements in this level include standing up straight and anything above that)

Medium range: Movements that your knees have to be bent but you aren't fully on the floor (about 3 - 5 ft off the floor)

Low range: Below three feet off the floor Basically floor work.

For this assignment you must create a dance where the first 15 seconds is on a high level, the second 15 seconds is on a medium level, and the third fifteen seconds is on a low level. Your dance should be a total of 45 seconds. You may either record the dance on your phone or some kind of device and email to your teacher or you can perform it for your teacher at school. Have fun choreographing!!

Teacher signature (for showing the dance you made up):
