

2. MOVEMENT RESEARCH



Northern Ballet Dancer Kevin Poeung.
Photo Emily Nuttall

In my community, there are places where I see people moving fast and places where I see people stop. Places where I see people have fun, places where I see people work, and places where I see people interact.

1. Pick a spot in your community where you can see other people – this could be in school, outside your home, in the park... Anywhere people are moving in interesting ways.
2. For 5 minutes, watch and observe.
3. What did you notice?

Write down:

1. What place did you choose?
2. What did you hear?
3. What actions did you see?
4. What interactions of people did you notice?

My example:

I chose a pedestrian crossing. I saw one person help another step off the curb, they smiled at each other, then walked at their own pace across the street. Another person quickly ran across as the light was turning yellow, I heard a car horn beep.

Next step:

Imagine you are using this movement research to create a dance.

1. Look at the actions you wrote down, can you think of ways to develop them into dance movements? Try out your ideas. Write your ideas down or film yourself performing them.
2. What did you hear? If you were to make a dance, what music or sound would you use?

[Need inspiration? Watch ABT dancers rehearsing a work in progress.](#)