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CREATING SOCIAL—POLITICAL JUSTICE DANCES

THIS WORKSHEET GUIDES STUDENTS THROUGH A FOUR-STEP CHOREOGRAPHIC PROCESS THAT USES RESEARCH, IMPROVISATION, COLLABORATION, AND REFLECTION TO CREATE A DANCE FOCUSED ON A SOCIAL OR POLITICAL JUSTICE ISSUE.

1 IDENTIFY THE ISSUE AND ESTABLISH INTENT

Choose a social or political justice topic that is meaningful to you or your group (for example: human rights, environmental justice, access to education, freedom of expression).

- What issue are you addressing?
- Why is this issue important to you?
- What do you want the audience to understand or feel?

Write a short intent statement (2—3 sentences) describing the message of your dance.

2 MOVEMENT EXPLORATION AND IMPROVISATION

Using music, spoken text, or silence, explore movement through guided improvisation.

- Improvise individually, responding to key words, emotions, or images connected to the issue.
- Notice repeated shapes, gestures, or movement qualities.
- Select 2—3 movements that feel clear, honest, or powerful.

Record or describe the movements you want to keep. These will become your core movement material.

3 DEVELOP A COLLECTIVE MOTIF AND STRUCTURE

Share selected movements with your group. Look for similarities or themes.

- Combine individual movements into a shared motif.
- Decide how the motif will change (unison, canon, repetition, expansion, stillness).
- Create patterns, formations, or symbols that support the message of the dance.

Outline the beginning, middle, and end of the piece.

4 REFLECT, REVISE, AND CLARIFY MEANING

After rehearsing, reflect on the work.

- Does the movement clearly communicate the intent?
- What sections feel strongest? What needs adjustment?
- How does the audience experience the message?

Make revisions to strengthen clarity and impact. Write a short reflection on what you learned through the process.

Outcome: A collaborative dance work that uses intentional movement, structure, and reflection to communicate a social or political justice message.

Trust yourself ~ Make decisions based on what feels right rather than others' expectations.

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