

Candoco Youth Dance

Creative Resource 2

These resources have been developed by Candoco for you to find new ways to enjoy dancing and being creative in your own home.

Please be aware of your surroundings and make sure that your space is clear and safe to dance in. You know your body best, so please don't do anything that causes you pain and don't take any risks.

Happy creating!

Moving like an Animal (Audio Transcript)

Hello dancers!

Today we're going to explore how we can translate someone else's movement style into our own body.

To do this, first you'll need to think of your favourite animal. Once you have one in mind, go onto YouTube and search for a video of your animal. If you're struggling to think of an animal, or a video you like, I've made a list of some animals and videos of them moving that you can find in the same place you found this recording. You don't need to watch the whole video, especially if it's very long—just enough so that you feel like you have the information you need.

My favourite animal is a squirrel so that'll be the video I'm watching.

Whilst you're watching your video, try to think of some words to describe how your animal moves. For example, I've noticed that my squirrel is very jumpy, almost as if they're really nervous.

They also move really fast, but only for short bursts of time, and then look like they're really still.

I've also noticed that their tails move differently to the rest of their body. It moves very softly and slowly, and never seems to fully stop moving.

You might also find that your animal leads with a certain part of their body. The squirrel I was looking at led their movements with their nose, sniffing everything before changing their location.

Using the words you've come up with, see if you can translate this into your body. You can do this as an improvisation or you can choreograph a short routine for

yourself. You can use as many or as few of your words as you like to support you. If you don't use them all, you can always do another improvisation or routine using different words, or you can try again with a completely different animal.

Happy creating!