LESSON: FROZEN MOMENTS & MOVING PORTRAITS
By Karla Nweje

Essential Questions:
- What is dance? Who dances? Why do we dance?
- What are positions and transitions in dance?
- What can we learn by examining still moments of a dance or movement sequence?

Goals:
- Participants start to see and feel in their own bodies how dance is made up of a series of moments.
- Participants have a better understanding of some dance elements.

I. Generate responses to three primary questions.
II. Introduce movement sequences in terms of positions and transitions
III. Large Group Work: Finding Frozen Moments in a Movement Phrase
   a. Model first 3-second movement phrase (repeat to solidify mental image for participants)
   b. Model segmented version, freezing & replacing pre-selected moments with invited volunteers
   c. Repeat steps a. and b. using another 3-second sequence
   d. Demonstrate a third sequence, inviting participants to select which frozen positions to freeze; insert volunteers into positions chosen by large group

IV. Smaller Group Work: Connecting Frozen Movements to Create a Phrase of Movement
   a. In large group, model several positions (frozen moments in movement sequence 4) using ‘freeze & replace’ technique
   b. Invite group to contribute transitions that can take volunteers from one position to the next
   c. Demonstrate frozen moments of fifth and final sequence using ‘freeze & replace’ technique (as in IV.a.).
   d. Break into small groups, instructing each group to create their own transitions

V. Large Group: Sharing Out Movement Phrases
   a. Have each group present in silence
   b. Introduce music selection
   c. Have each group present with musical accompaniment

VI. Final Exercise
   a. Teach and repeat YOU ARE NOT ENTITLED ending with group in silence
   b. Repeat with recording

NOTES
- This lesson was constructed based on excerpts from Tribunal Trilogy, a dance work by Karla Nweje. However, it can be used with any set of movement phrases.
- There are many ways to explore elements of dance composition. The concept of position/transition is but one window into this study.