
UNDERSTANDING LABAN MOVEMENT ANALYSIS

Creative Dance 101 6-8- Ms. Thomas

I-SPY : THINK/PAIR/SHARE(5 MINS)

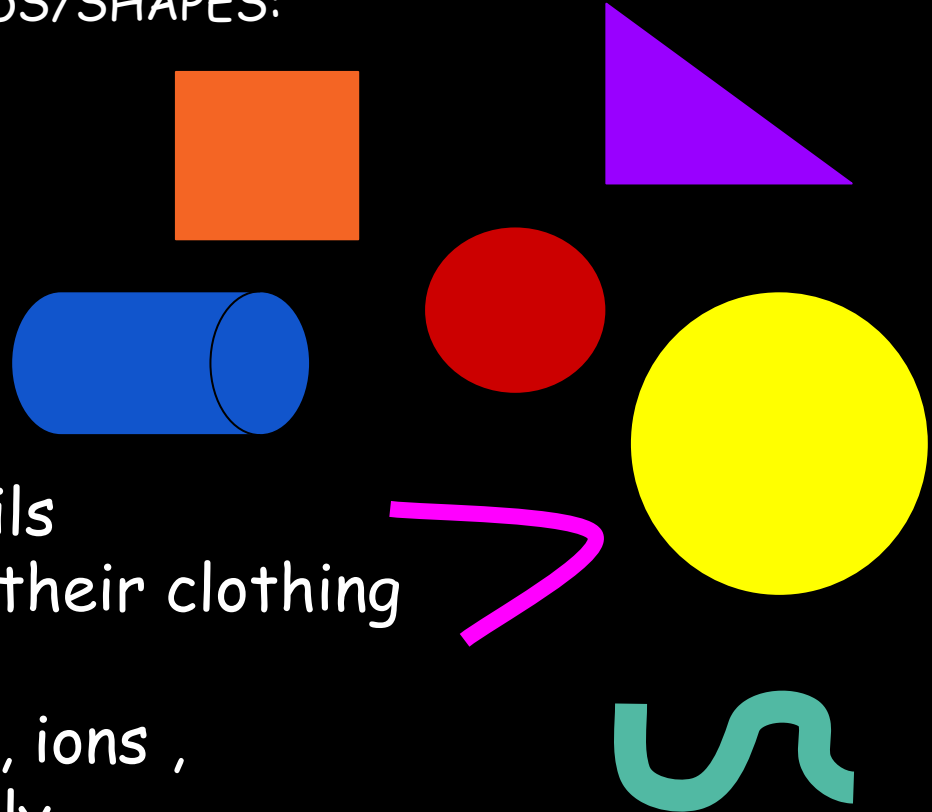
1. TAKE A MOMENT TO LOOK AROUND THE CLASSROOM.
2. DISCUSS WITH A PEER THE TYPE OF PATTERNS, SHAPES, & TRENDS THAT EXIST IN THE SPACE AROUND YOU?
3. IF YOU ARE CALLED ON, SHARE WITH THE CLASS YOUR FINDINGS/OBSERVATIONS



I-SPY : THINK/PAIR/SHARE(5 MINS)

FORMS OF PATTERNS/TRENDS/SHAPES:

- Door Frame
 - Tile Pattern
 - Rows of desks
 - Book Shelf
 - Pairs of shoes
 - Students, cup of pencils
 - Someone's pattern on their clothing
 - A ball, lights, outline
 - Trash Can , molecules , ions ,
- Etc. can be simultaneously



LET'S DIG IN THE CHOREOGRAPHY TOOLBOX!



LABAN MOVEMENT ANALYSIS: BESS

- Laban Movement Analysis (LMA) is a system and language for observing, describing, and notating all forms of movement.
- In this method, a system was created that consists of four basic elements called **BESS**.
- **BODY**, **EFFORT**, **SHAPE** & **SPACE** are used to **create** and **analyze** dance.

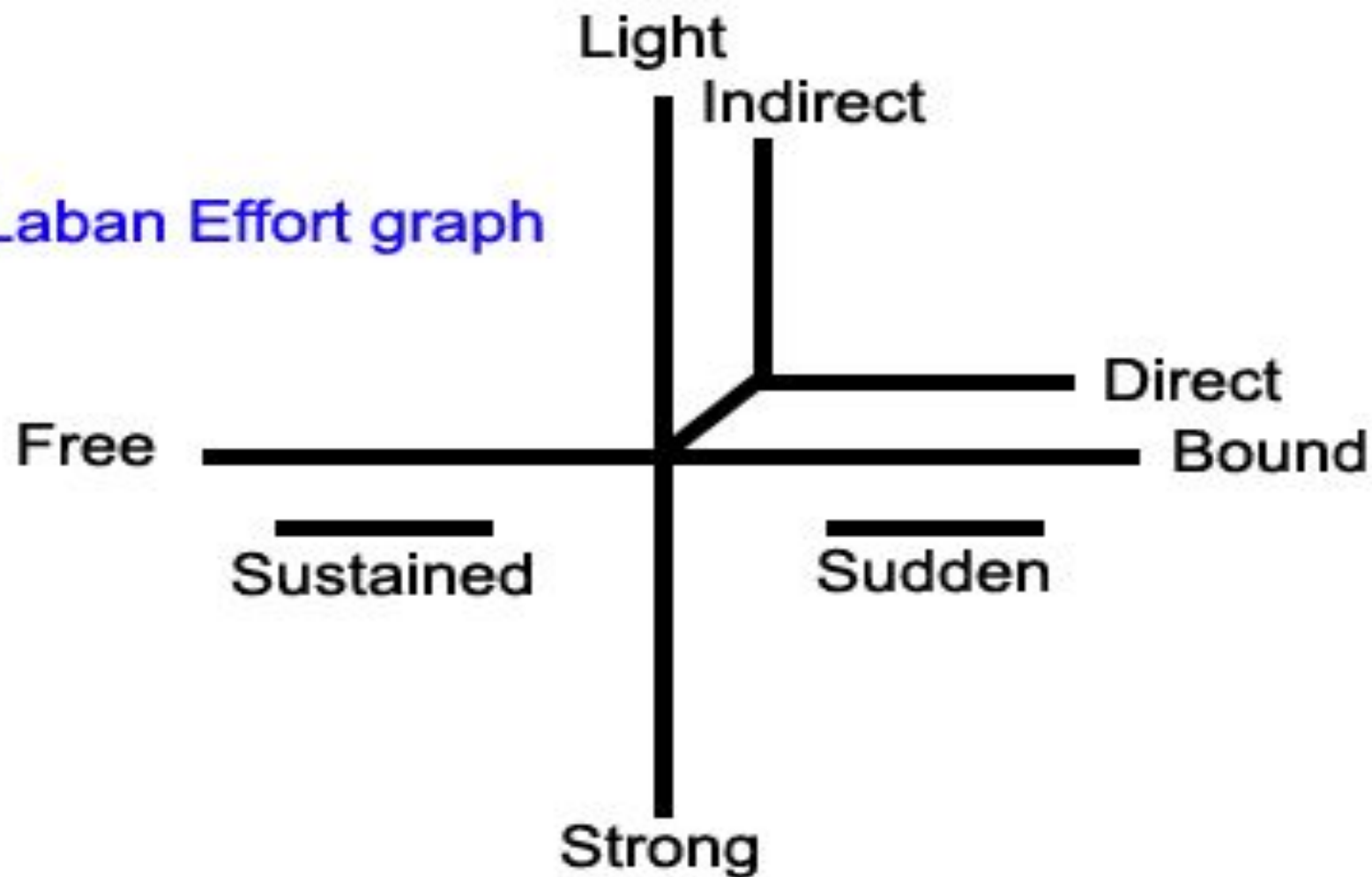
- **(B)ODY**

- **Initiation of movement from specific body parts.**
- **Connection of different body parts to each other.**
- **Sequencing of movement between parts of the body.**

→ (E)FFORT

- **Space: Direct / Indirect**
- **Weight: Strong / Light**
- **Time: Sudden / Sustained**
- **Flow: Bound / Free**

Laban Effort graph



→ (S)HAPE

- Shapeflow: growing and shrinking, folding and unfolding
- Direction: Spoke-like and Arc-like
- Shaping: molding, carving, and adapting

→ (S)PACE

- Moving in connection with the environment with spatial patterns, pathways, and lines of spatial tension (Space Harmony).
- Takes the form of set scales of movement within geometric forms. These scales can be practiced in order to refine the range of movement and reveal individual movement preferences.

AFFIRMATIONS!

"I AM CREATIVE"

"I AM AN ARTIST"

"I WILL SUCCEED"

"I WILL PREVAIL"

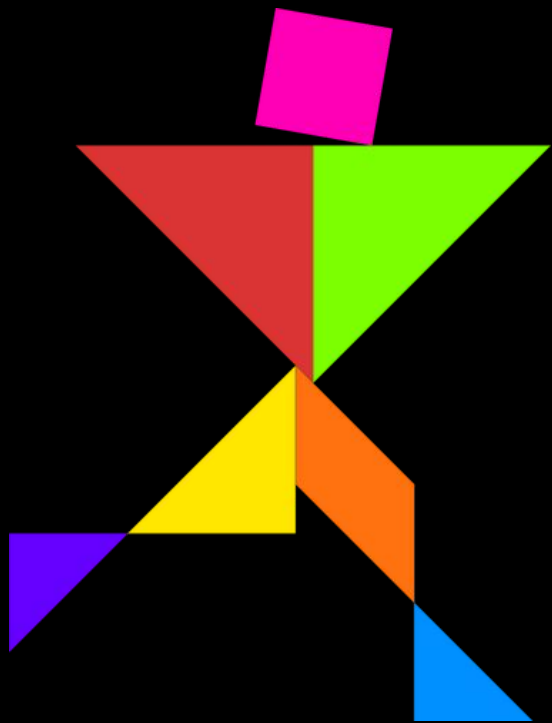
A stylized, cartoonish illustration of a flame. The base of the flame is a solid red color, transitioning into orange and then yellow as it rises. The flame has several distinct, pointed tongues of fire. The entire graphic is set against a solid black background.

WARM UP EXERCISE!

(15 MINUTES)

FLOCKING = FOLLOW THE LEADER

1. **MIMIC** MY MOVEMENT
2. **CHANGE** THE LEADER
3. **MIMIC** THEIR MOVEMENT



LET'S GET

CREATIVE!

STEP 1: (15 MINS)

WORK TOGETHER WITH YOUR SMALL GROUP TO CREATE A DANCE PHRASE USING YOUR ELEMENT CHOICE OF **BODY**, **EFFORT**, **SHAPE**, OR **SPACE**.

*YOU ARE ALLOWED TO USE **FLOCKING** IN YOUR PHRASE.

PERFORMANCE!

STEP 2:

SHOW YOUR CHOREOGRAPHY TO THE CLASS!

(15 MINS)

FEEDBACK CIRCLE

WHAT DID YOU OBSERVE ABOUT YOUR PEER'S
CHOREOGRAPHY?

(5 MINS)

AFFIRMATIONS!

"I AM CREATIVE"

"I AM AN ARTIST"

"I WILL SUCCEED"

"I WILL PREVAIL"



*HAVE A
MARVELOUS
DAY!*