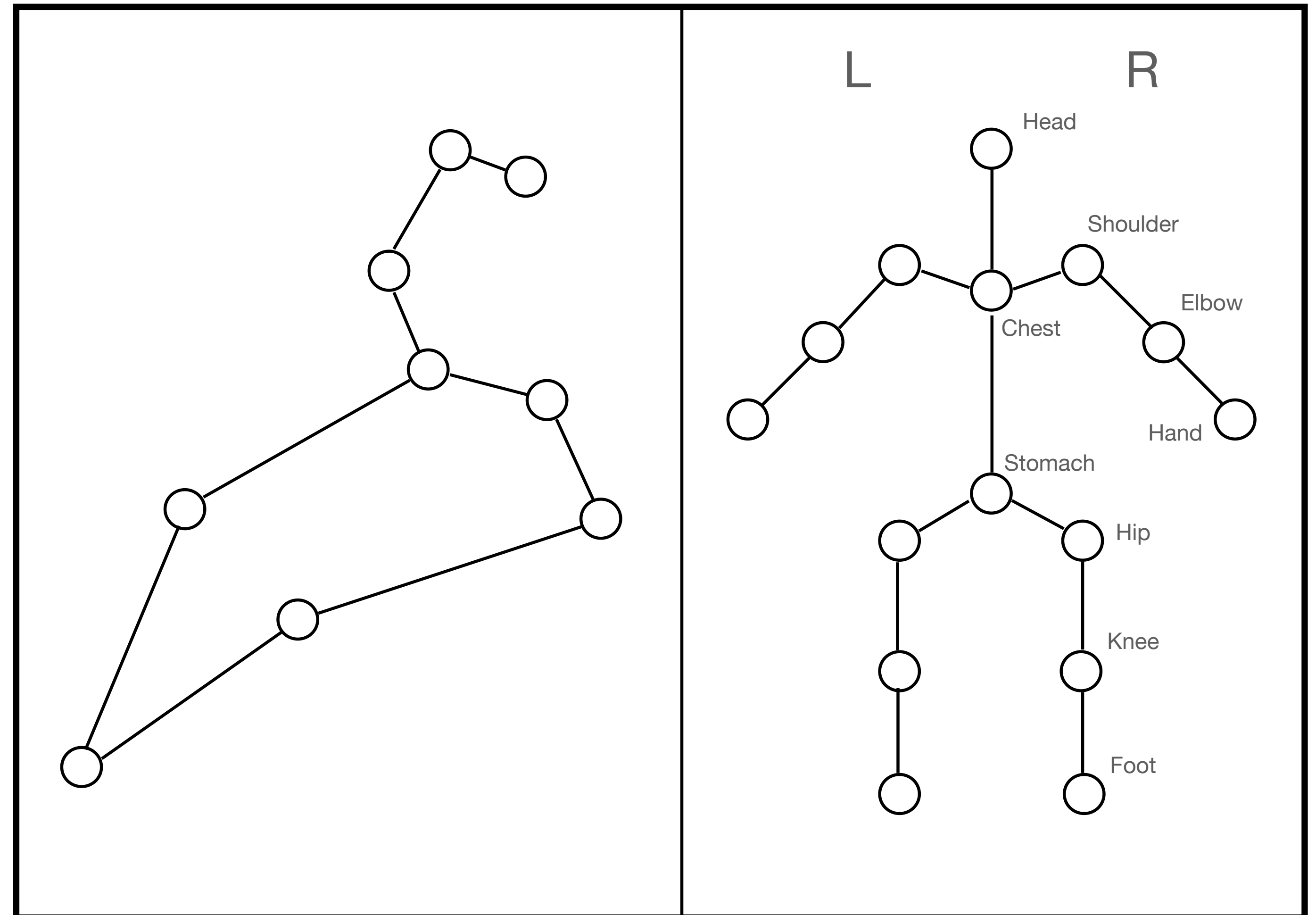


DANCING CONSTELLATIONS

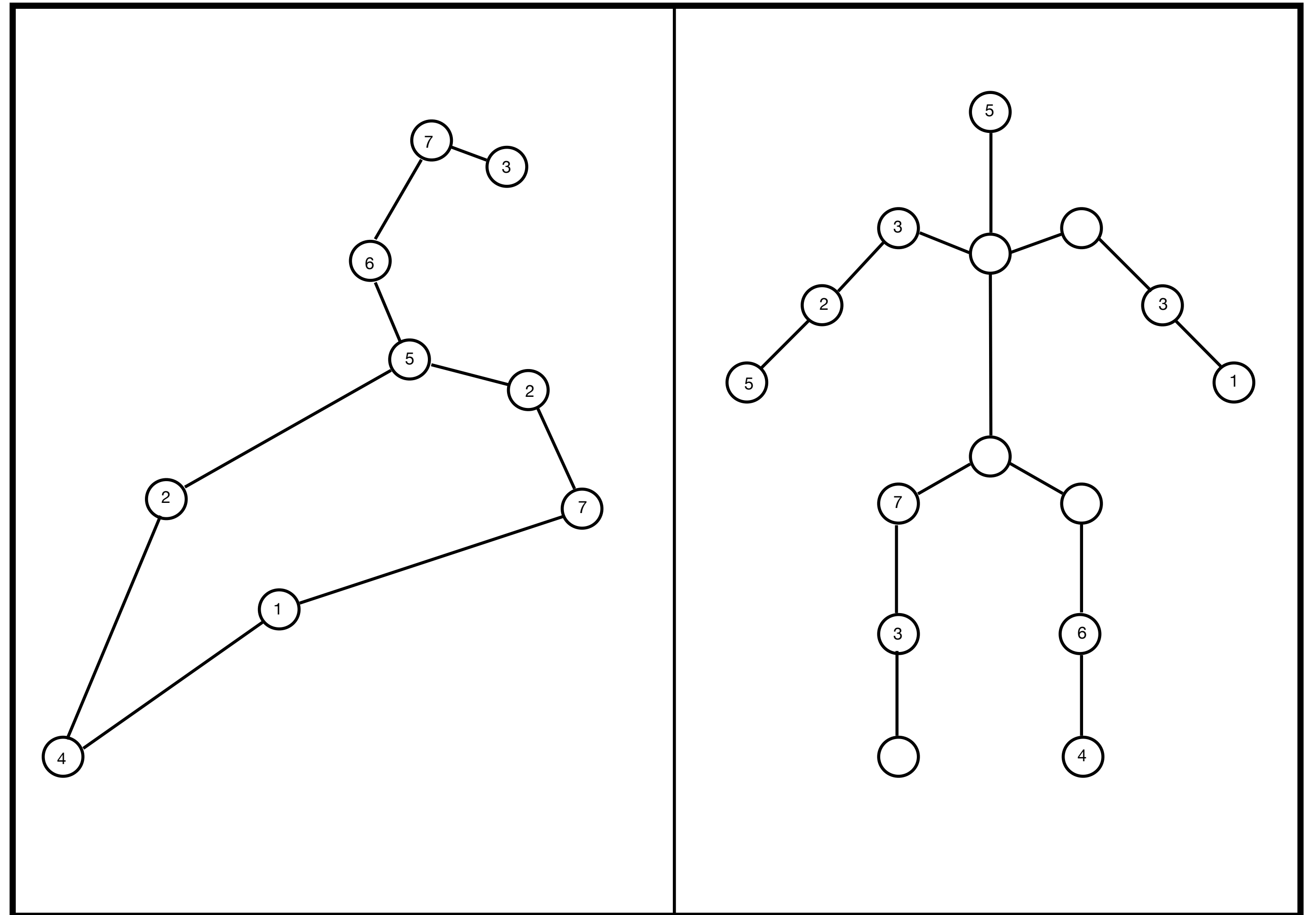
This simple task provides a way of creating short sequences of movement by matching parts of your body to the points of a star constellation. You can follow the example we've provided here or create your own by filling this blank template.

In this example we've used the Leo constellation but it will work with any other ones you might want to try.

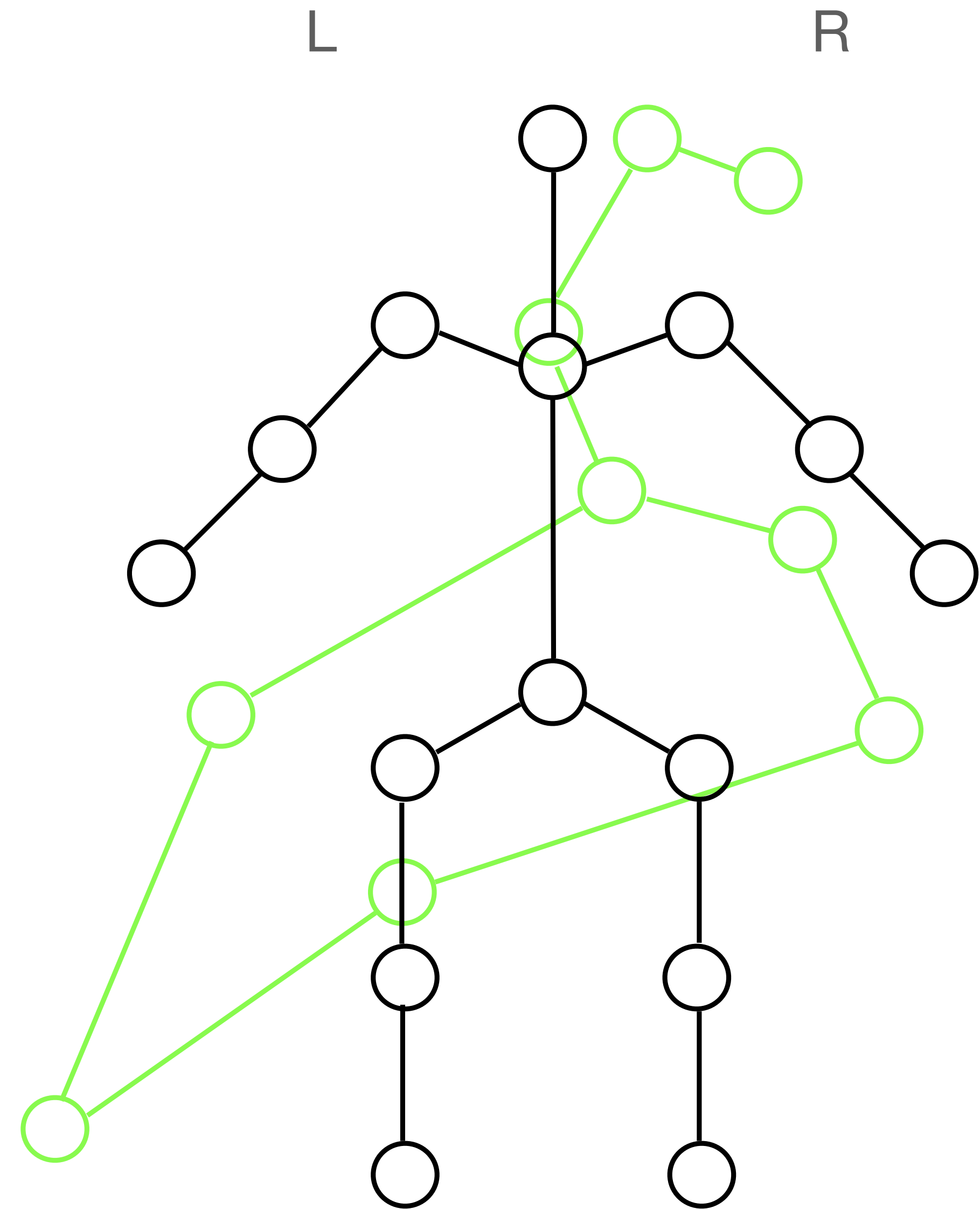


If you want to create your own sequence fill the circles on the constellation with numbers, starting from one, as we've done on the image here. Try using the same number more than once. You'll discover further down why this will make a more interesting sequence.

Now do the same for the body up to the highest number written on the constellation. (Depending the number of stars in the constellation you may not fill all the points on the body).



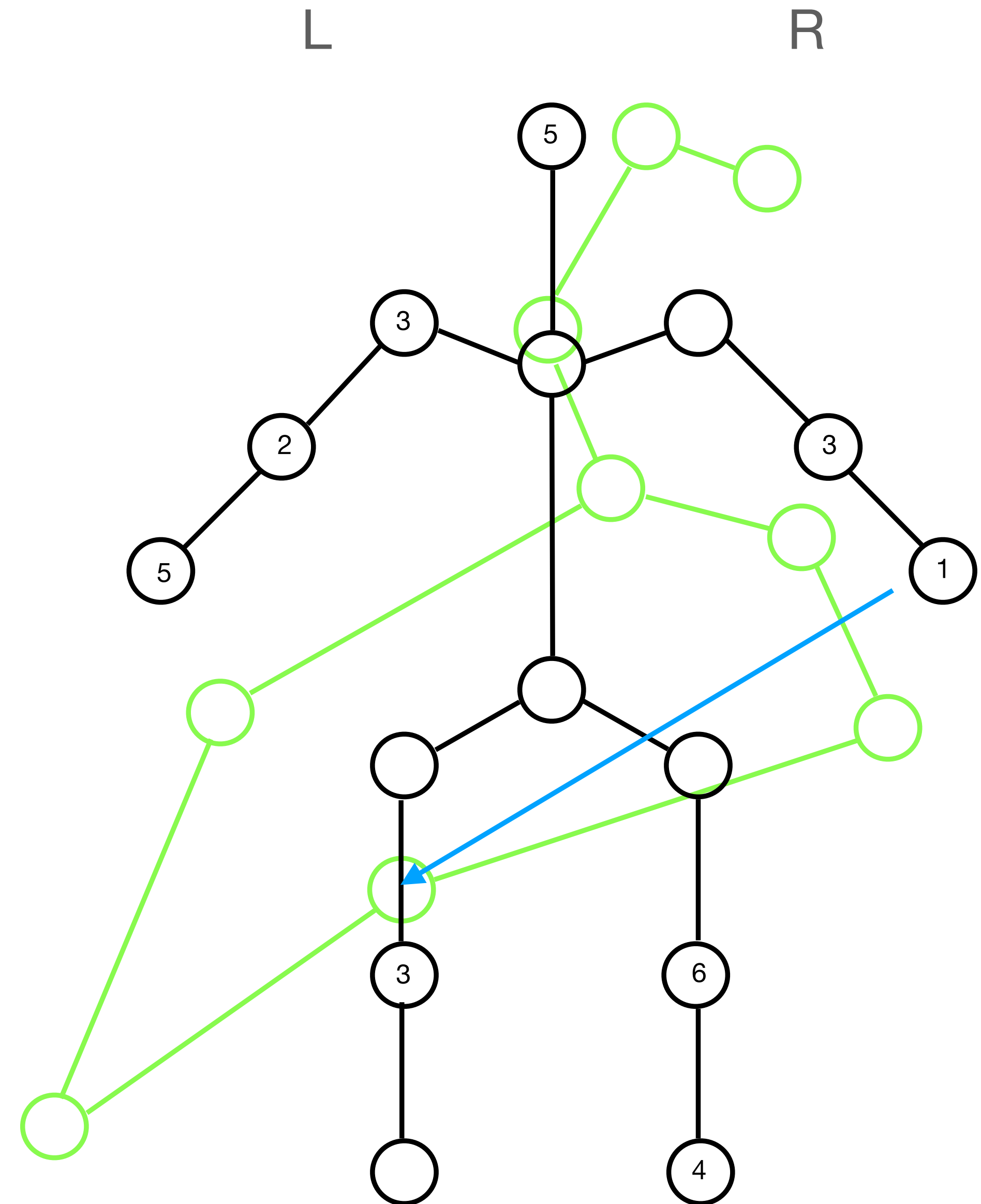
Now, in order to create a movement phrase you need to imagine the constellation in the space in front of your body.



So, to create your phrase you need to match the numbers on the body to the corresponding numbers on the constellation, starting from one.

Sometimes it won't be possible to move exactly to the point in space suggested by the constellation but the attempt to get there will in itself create an interesting movement.

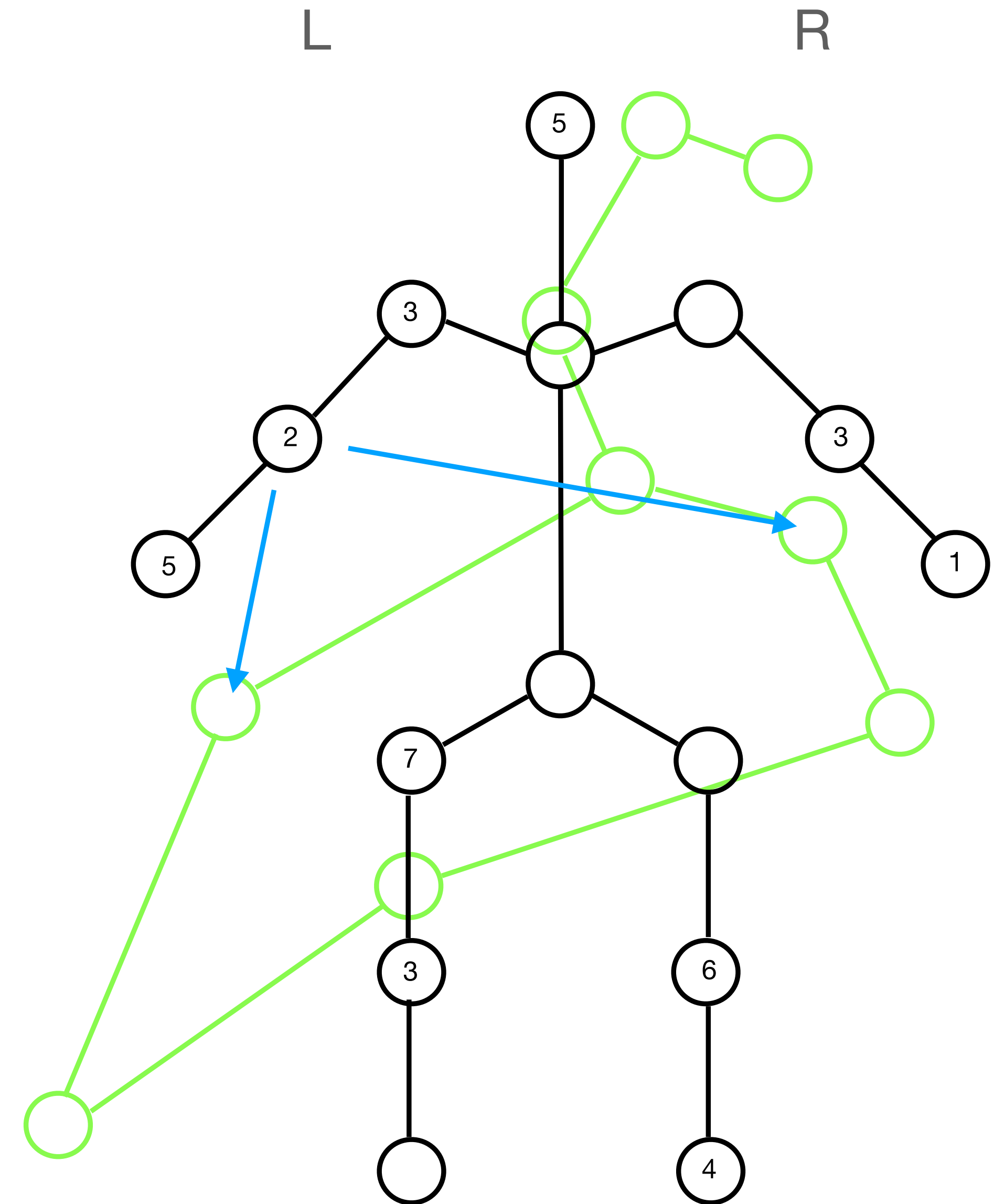
In this instance it means your right hand moving to a point in front of the space between the your hip and your knee.



Continue through the number sequence to create more movements.

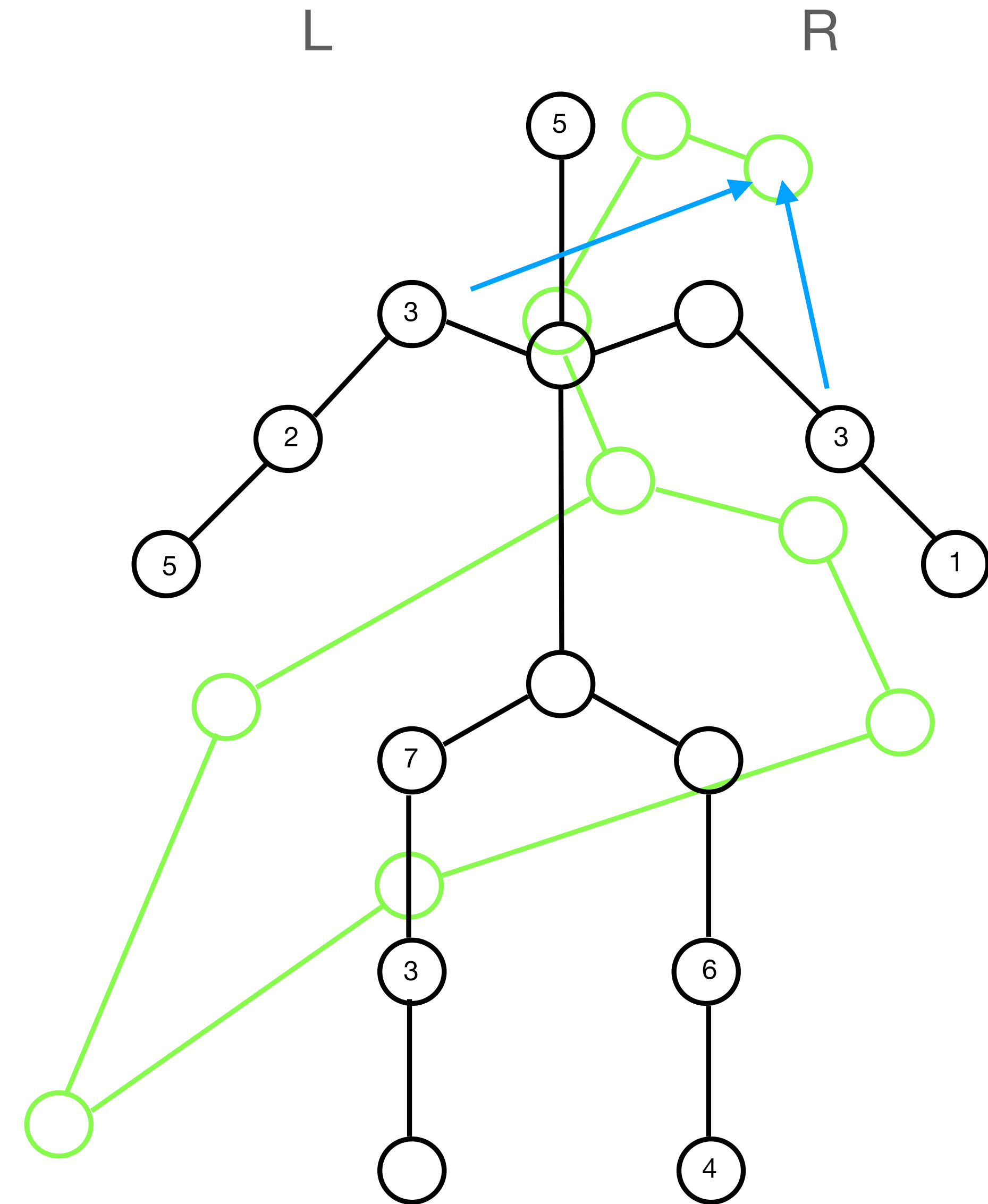
In this instance the left elbow has will perform two movements because the number 2 has been used in two points on the constellation.

Choose which one you want to move to first then carry on to the next.

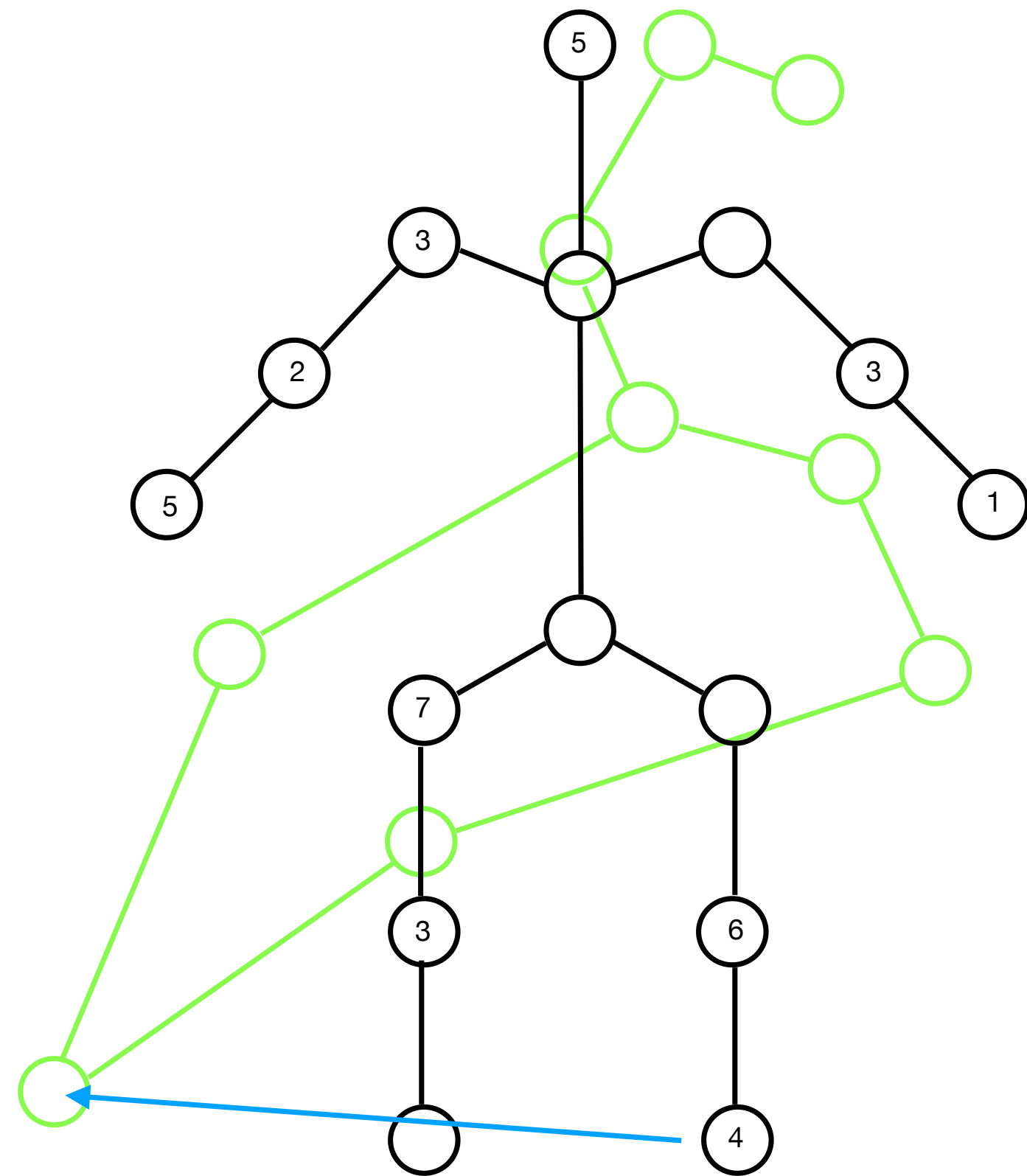


For number three there are two points on the body and one on the constellation.

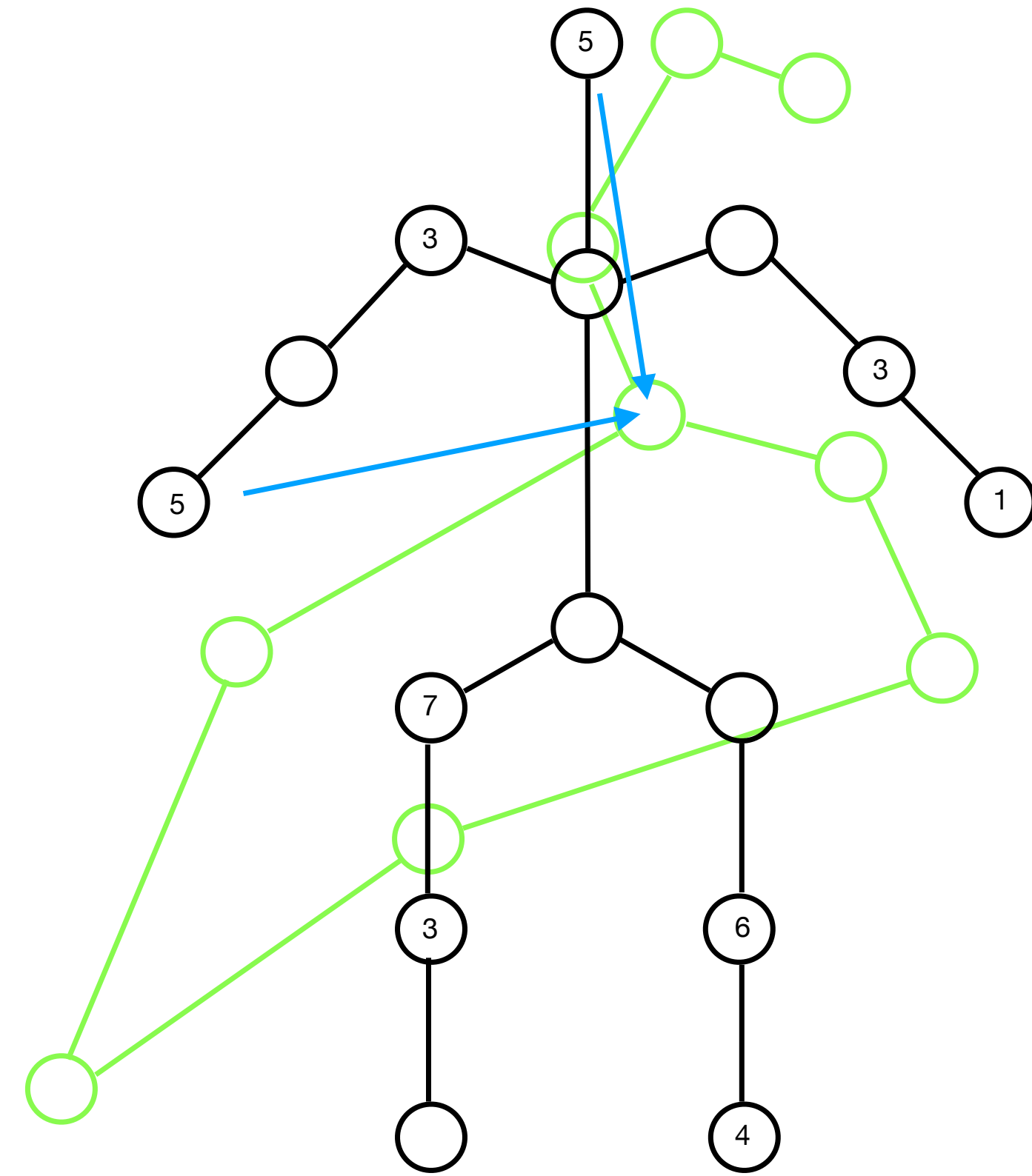
This means, in this instance, that your right elbow and your left shoulder will move towards the same point in space at the same time.



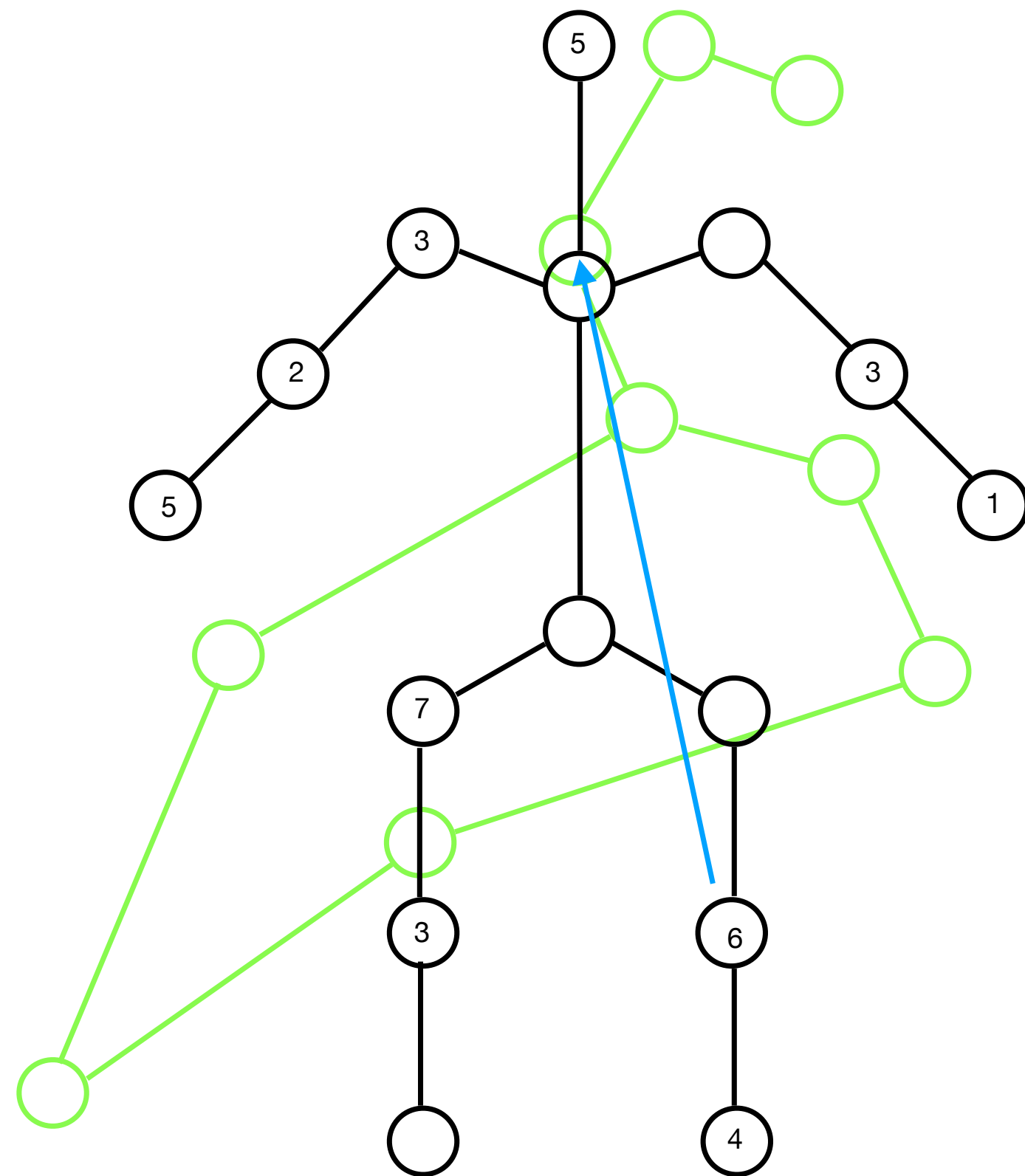
Here, your right foot should take a big step across your left. You might use this to turn to face the back if it feels more comfortable.



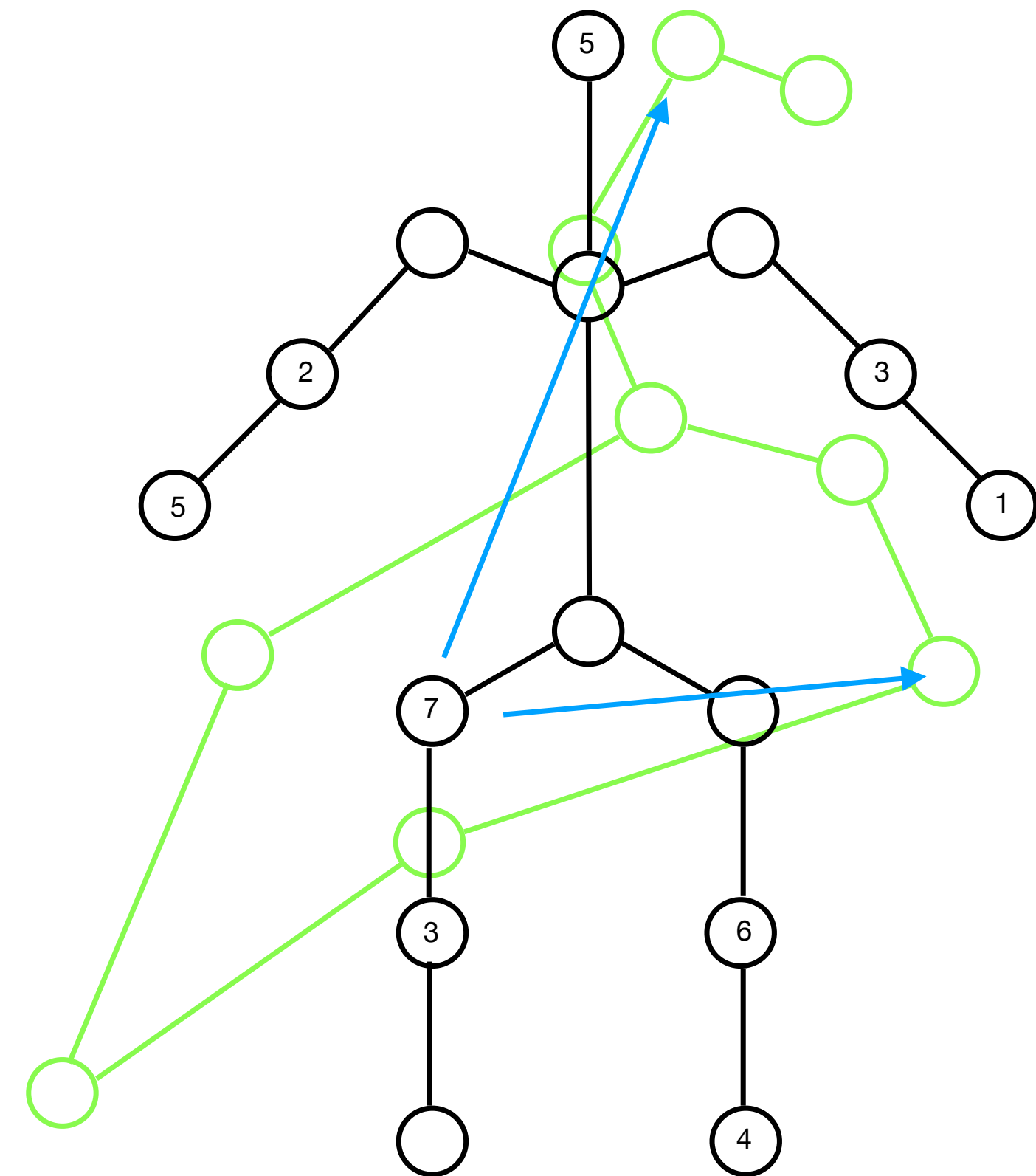
And here, your left hand and your head move towards the right side of your ribs at the same time.



For number six, you should try and lift your right knee towards your chest.



And finally for seven, you lift your left hip towards the right side of your head (don't worry if it get nowhere near there, just move it in that general direction!) and to the right side of your right hip.



That's your dance phrase! Now, try putting all the movements together into a flowing sequence.