

Gestures Tableography

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Synopsis: This virtual lesson was given via Google Classroom after assigning several choreography observations in various genres and several improv drills of varying lengths.

LEVEL (BEGINNER):

This is for very beginner to movement and comp dancers. My belief is that you can't create if you have not seen or experienced the possibilities, this is why dancers copy choreo instead of creating something original. The improv process is lost because the exploration muscle isn't developed.

Instructions for assignment below:

****Improvisation is spontaneous movement (on-the spot movement discovery)****

****Improvisation is where original choreography is derived****

This week's theme:

Gestures in the form of Tableography!! This should be fun!!

- 1) Decide on 6 gestures that are commonly used at the dinner table. Almost like if you were playing a game of charades, would we know the movement that you are doing WITHOUT using any words?
- 2) Have a seat at the table and put all 6 gestures together in choreography form. EXTRA CREDIT if you include members of your family in your video! ****5-10 extra points added to any grade of your choice****

****It will take you a few or several tries to build in transitions to each of your gestures ONLY USING YOUR UPPER BODY considering you'll be sitting at the table!**

Improvisation Expectation (Classroom Simulation):

Your recorded improv session should be of you exploring the theme above! Stay focused for 30 seconds straight working through your choreography. You probably won't be done in 30 seconds, so stop the video and continue working until it's finished.

What to submit:

- 1) List your 6 gestures. Can be on a google doc or typed in the private message.
- 2) One 30 second video of your improvisation process while discovering the movement that you'd like to keep for the actual choreography! If you like the movement, keep it! Repeat it and then continue building on that!
<https://www.online-stopwatch.com/timer/10seconds/> Timer to use for improv recording!
- 3) The actual gesture tableography!! Video shouldn't be longer than 15-30seconds.

****Keep in mind that I may give feedback and expect a re-do or you'll keep the last grade given!****

Tips: Feel free to explore different body parts within your upper body! Don't be afraid to take risk, be physical (although you are restricted to just upper body, don't be afraid to use your entire upper body), make sure that your movement is CLEAR and PRECISE!