



# TEACHER'S GUIDE

10 Hairy Legs is an award-winning dance company - comprised entirely of men. Founder and Artistic Director, Randy James, formed the company to celebrate and explore the tremendous technical and artistic range of the male dancer. 10HL features works by Randy James as well as dances by other modern choreographers.



# 10HL Assembly Learning Goals & Vocabulary

## *Students will be able to:*

Understand there are many KINDS OF DANCE – such as Hip-Hop, Ballet, Modern and Jazz.  
10HL performs different styles of dance, and some choreographers combine all kinds of dance to make art.  
In MODERN DANCE the choreographer and dancers invent original movement to express their idea or theme.

Define and compare IMPROVISATION and CHOREOGRAPHY

### IMPROVISATION

the dance artist creates movement spontaneously based on an idea or a feeling.

### CHOREOGRAPHY

the dance artist/CHOREOGRAPHER plans all the movement and patterns in advance that the dancers will perform.

Understand and embody the ELEMENTS OF DANCE and movement, the building blocks that artists use to make dances.



**TIME** - Fast and slow tempos & rhythms



**SHAPE** – The form or design the dancer's body takes in space, like straight, angular, or curved



**SPACE** –The direction or level of a movement, like forward or backward, or high, middle or low



**ENERGY** – The quality of a movement such as how a dancer uses strength or lightness. Energy can be described by many adjectives, such as carefree, heavy, free, bound or powerful.

Identify and demonstrate ABSTRACTION in dance - how dancers use the Elements of Dance to abstract or change the reality of a movement to communicate different ideas and feelings, such as making an ordinary movement faster or slower, or larger or smaller.

Identify & demonstrate how dancers combine everyday BODY ACTIONS to create dance movement and dances.

Gesture | Taking A Posture or Shape | Turning

Falling | Jumping | Locomotion | Stillness or Freezing

Recognize different staging choices a choreographer makes for a dance or within a dance:

### SOLO

a dance or section of a dance performed by one dancer

### DUET

a dance performed by two people

### TRIO

a dance performed by three people

### ENSEMBLE

a group of dancers

### UNISON

when dancers perform the same steps in the same rhythm simultaneously

Understand that in addition to the performers, there are other creative artists in a dance company where professionals do important jobs:

### Artistic Director

makes all the decisions about the company such as the unique idea of the company and what they perform.

### Choreographer

creates the dance, chooses the music and style of movement.

### Composer

creates the sound or music for a dance that helps communicate the theme.

### Costume Designer

creates costumes for each dance that match the style of movement and theme of the dance. Dance costumes must also allow freedom to perform a wide range of movement.

### Dancer

interprets and performs the choreography, combining both their technical and expressive artistry.

## Before the Performance Activities

*...enhance student enjoyment and understanding of the live performance*

### How to be a Good Audience

Discuss behavior expectations at a live performance, such as not talking or whispering during the performance, but it is appropriate and fun to laugh at something funny or clap after a dance. If needed, discourage other behavior like the use of electronic equipment that can distract from audience enjoyment and concentration.

### The Dancer in You - Finding a Personal Gesture

Gestures are common body actions used in dance and everyday life to communicate, like waving hello, nodding yes or lacing your shoes. Have your students create a personal ID gesture that captures their own personality or mood. Combine students' gestures in a sequence to create an instant choreography.

### What do your students know about dance?

Discussion starters:

What kinds of dance do your students do?

Do they dance with their families at services or celebrations?

Does anyone study dance? Ballet? Hip-Hop?

# After the Performance Activities

*...promote arts literacy, expand student critical thinking skills, and learning across the curriculum.*

## Responding to the performance through writing or discussion:

- Ask the students to describe a specific moment that was personally memorable to them, and why?
- Do they have a new understanding of modern dance? How does it differ from classical ballet or their dances?
- Discuss how dancers are both artists and athletes.
- Ask the students what surprised them about the live performance, and why?

## Create a Dance by Abstracting Everyday Movement

- Have students choose an everyday movement or gesture like combing their hair or riding a bike.
- Let them explore abstracting the movement by changing the tempo, direction, level, and weight.
- Students can then choose the variations they like, and add a rhythm to their movement.
- Create small groups to share their movement inventions and combine them in a sequence to make a group dance.

## Resources

The Elements of Dance  
elementsofdance.org

*All Activities are aligned to the NJ Department of Education Core Curriculum Content Standards*

### NJ Core Curriculum Content Standards in Visual & Performing Arts:

**Standard 1.1 The Creative Process:** All students will demonstrate an understanding of the elements and principles that govern the creation of works of art in dance, music, theatre, and visual art.

**Standard 1.2 History of the Arts and Culture:** All students will understand the role, development, and influence of the arts throughout history and across cultures.

**Standard 1.3 Performing:** All students will synthesize skills, media, methods, and technologies that are appropriate to creating, performing, and/or presenting works of art in dance, music, theatre, and visual art.

**Standard 1.4 Aesthetic Responses & Critique Methodologies:** All students will demonstrate and apply an understanding of arts philosophies, judgment, and analysis to works of art in dance, music, theatre, and visual art.

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10 Hairy Legs received a 2017 Citation of Excellence from the New Jersey State Council on the Arts



10 HAIRY LEGS

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