



“Advance” Video Dance Lesson Middle School/High School

Brief Description

Students will use the video “Advance” by Mitchell Rose and BodyVox dance company as a take-off point to respond to dance, explore movement through space, identify movement and transition ideas, and use the video as a template to create a video dance virtually - either alone or with others. The dance video uses mostly unison movement traveling through multiple locations facing away from the camera.

Pathways/Facings/Site specific

Enduring Understanding - Choreographers use many inspirations for dances.
We are all connected through space and time.

Essential Question - How can we create connection? How does our environment influence our dances?

MN Standards

Respond/Connect/Create

Process / Steps

Step 1. (Respond Standard)

Fractured and continuous

Watch video at least four times - “Advance”

<https://www.youtube.com/watch?v=dq-7ogki5wk>

Answer the following reflection questions:

- What stood out to you?
- Identify movement qualities.
- What did you notice? What did it remind you of?
- The dance filmmaker is using the ideas of continuous and fractured. What are your ideas on these concepts?



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Step 2 (Create/Perform standard)

If Zoom is available - improvise together to create a sequence. What spatial decisions were chosen to create “Advance”? Try some different spatial configurations/pathways as a group. What areas in your home or situation can you use in this idea of travel? Document them.

Step 3 (Connect Standard)

Identify these artists (the dancers and film maker). Research these artists. Who are they? Where did they study? Where are they based? What is their work about? (Find an artist statement by the choreographer for this) Cite your sources.

Step 4 (Respond and Connect Standards)

Find a video of another work by each artist that you identified. Complete a reflection sheet for each dance.

Step 5 (Connect)

Read a review of a performance of one of your choreographers. What stood out to you in the review? What is the work about? What do the critics say?

Step 6 (Create and Connect)

Create your own “Advance” video with a small group in the class.

Use chat or Google hang out to discuss your options. Questions to ponder: How will we connect visually? How will we upload? Edit? How will we make decisions? What does artistic success look like in this video? What is our theme?

Step 7 (Create)

Share with another group and teacher online. Use the chat function for feedback. All students must write one response.

Step 8

Incorporate feedback. Draft a statement regarding feedback use.



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Step 9

Revise. Draft artist statement. Share.

Reflection Questions for Step 4:

- What did you notice?
- Briefly describe the dance - how many dancers, where was it performed, what were they wearing? What was the sound? What were the design elements?
- Describe the movement and choreographic ideas.
- What did it remind you of?

Assessment Criteria:

Complete responses

Use of dance language

Accurate research on choreographers

Innovative ideas for video dance

Draft of dance using "Advance" pathways/site work

Respectful feedback for other dances

Justification for use or non-use of feedback.

Revision

Artist statement

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Please contact Mary Harding at Mary.harding@pcae.k12.mn.us with questions.