

Door Plane

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Absence: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Because we already know that there are 3 planes in space, we know that the wheel plane (sagittal) moves forward and back, table plane (left and right) which leaves us with our door plane. Our door plane can only move up and down, just like an elevator. In dance we have many dance moves that move in the Door plane. A few examples would be: jump, battements, releve, handstand, etc.

Make a list of 10 different dance moves that move in the Door plane (vertical).

1.

2.

3.

4.

5.

6.

7.

8.

9.

Now that you have made a list of 10 different movements that are in the vertical plane, put them all together and create a short movement phrase. Make sure to use each movement at least once. They can be in any order.

Teacher Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_