Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class Period:\_\_\_\_\_\_\_\_ Date of Absence\_\_\_\_\_\_\_\_

**Level 1 Absent Make-Up: Unison, Contrast and Transition**

**Unison:** Synchronized. The same phrase performed by various dancers at the same time

**Contrast:** Opposite of unison. Dancers perform different movement at the same time or the same movement in different ways. Or showing different movement qualities when working alone. (Not always moving in the same way)

**Transition:** Smooth way to get from one thing to another

You will need at least 1 other person to help you with this assignment. It can be a sibling, friend, classmate, parent, etc. Choose 4 energy qualities and create a movement phrase with them making sure you show unison, contrast and transitions. It needs to be at least 4 counts of 8 long (1 count of 8 per energy quality). You will need to either video your movement phrase and email it to me or show me the video in person on a phone or recording device.

Circle the energy qualities you chose to use in your phrase:

Percussive

Sustained

Explode

Collapse

Vibrate

Shake

Swing

Sway

Suspend

Teacher Pass Off Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_