

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

Date: \_\_\_\_\_

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

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

# ABA

## **What is ABA?**

ABA is a choreographic structure. Start with one movement phrase (A), followed by a different movement phrase (B), and end with the first movement phrase (A). When you repeat "A", you can change it slightly to make it more interesting.

Try the following dance sequence as an example.

Run forward for 8 counts (A)

Step hop, side to side for 8 counts (B)

Run backwards for 8 counts (A)

Create your own ABA sequence and show your teacher to pass it off. Include two different energy qualities. Each movement phrase should be AT LEAST 8 counts.

\_\_\_\_\_ (A)

\_\_\_\_\_ (B)

\_\_\_\_\_ (A)