Focus

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

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

READ

Focus in space refers to two different types of focusing. The first is direct focus. An example of this would be a someone who has to use the restroom. They are focused on getting to the bathroom as fast as possible so they take the most direct path possible. This person does not stop to gaze at a picture on the wall, they move quickly and efficiently to the restroom.

The second is called indirect focus. This is the opposite of direct. This would be someone who doesn’t want to go to math class. They meander in the halls looking at every picture, stopping to text a friend and taking their time. They might walk in a zig-zag pathway or wavy lines to get to where they are going.

Both focuses are important to dance because they communicate different things. Direct communicates strength, assertion, power, stress, or confidence. Whereas indirect might communicate laziness, weakness, easy going personalities or a person without a goal in mind.

**IMPROV**

Set a timer for 5 minutes. In a large room or your backyard, walk in only straight direct lines until the timer goes off. You have to look forward when you walk and you must only walk forward, you may not walk sideways or backwards.

How does it feel to move in a direct way?: Are you uncomfortable or comfortable? Do you feel stressed or relaxed? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Set a timer for 5 minutes. In a large room or your backyard, walk in only wavy lines until the timer goes off. You may look where you want, walk whichever direction you want and go as fast or as slow as you want.

How does it feel to move in an indirect way?: Are you uncomfortable or comfortable? Do you feel stressed or relaxed? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How do the different focuses compare to one another?

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Which way to you LIKE to move? Why do you like moving that way?

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