**Dance 2 Absent Make Up #11**

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

ENERGY – QUALITIES OF MOVEMENT

Cinquain Poem

DESCRIPTION: A CINQUAIN is a five-line poem.

Cinquain Pattern #2

Line1: A noun

Line 2: Two adjectives

Line 3: Three -ing words

Line 4: A phrase

Line 5: Another word for the noun

EXAMPLE:

Force

Sharp, smooth

Slashing, swirling, swaying

We can shake in space.

Energy

**Create your own Cinquain Poem using worksheet:**

|  |
| --- |
| (Names)  |
| (2 Adjectives that describe you) |
| (3 “ing” words that describe you) |
| (A sentence with noun and energy quality as a verb) |
| (1 word that is another word for your names) |

**Write your poem on the back! Then you must create movement for each line of poem and perform for the class.**

ENERGY MOVEMENT WORD IDEAS FOR LINE THREE AND FOUR

shake vibrate bounce slash flick punch dab dodge scurry kick poke chop

jab strike pound shove zigzag swing

wiggle float stretch swirl twirl glide press wring melt collapse push curve wavy

Mrs. Berrett’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_