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

**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 (there are typically 2 types of transitions 1- fade in/out and 2- sharp change)

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 5 counts of 8 long (1 count of 8 per energy quality and an extra 8 for any transition time you may need). 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

\*\*\*\*Don’t forget to get the journal notes we took in class as well!

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