

How to Make a Dance

Most of the time when you watch dancers perform, they're performing choreography! Choreography is written sequences of movement and the people who create those sequences are called choreographers.

Turn on some music, have fun and soon you will have created a dance!

Choreographing the Dance

1.

Pick a piece of music.

One of the most crucial parts of choreographing a dance is picking out the music. Pick a song that you love, that makes you feel emotional and that inspires you to want to dance!

- Don't worry about how long the piece is – you can choose a part of the song that you like most.
- Take a long walk and listen to the music you have on your iPod or phone.
- Make sure to pick a song that you like listening to. You're going to be hearing it a lot!

2

Find your inspiration.

Dances don't just appear out of nowhere – they are born from a choreographer's thoughts and points of view! There are many ways to get inspired to create a dance. Here are a few options:

- Think of a story that inspires you
- Read a book and let a line from the book inspire movement.
- Try listening to the music you selected over and over thinking about the beat.
- Pick a mood or emotion and let that inspire the dance.
- Watch a movie and try to recreate a scene from the movie through movement.
- Watch clips of dances on YouTube for inspiration.

3

Choreograph in short chunks.

It's much harder to choreograph an entire dance piece in one go. Instead, try breaking the song into verses and create sequences of movement for these smaller parts.

- Make sure the movements you're choreographing aren't too hard for you to perform.
- Write your ideas down so you don't forget them!

4

Have fun!

Dance is an art – it's unique to you!

- Have fun and enjoy yourself 😊