Join us on our #SocialDisDancing dance challenge, where you are asked to create a site-specific piece in your very own living quarters. This is our time to be creative and connect with each other through the art of site-specific dance. Heidi Duckler Dance is sharing our director’s very own methodology and is excited to see what you come up with.

**Note: This is an open-level dance challenge! Everyone is encouraged to move and create!**

### basic ingredients:

- **Time** - The speed of the movement can expand (slow motion) or contract (fast pace), stillness and repetition also warp our sense of time.

- **Place** - Where are you? Who’s been here before vs. now? What does it mean to you? In this case, the place is your home.

- **Energy** - What is moving you today? What is the meaning of what you are doing? How much energy does the movement take (effortful vs. flow)?

### tools:

- **Relation** - What is the relation to yourself, your surroundings, objects in the space and other people?

- **Expansion** - Expanding on what you are doing, both physical and psychological, expand on a movement idea to squeeze the most out of it.

- **Interruption** - Interruption of space and time, movement, thought, story, music, etc. Think of different ways you can interrupt a phrase.

### results:

- **Empathy** - Towards each other, ourselves, we’re all in this together even when separate.

- **Optimism** - Showing others a way to have fun and see things differently.

- **Responsibility** - Realizing our responsibility to do what’s right for ourselves and others.
the #SocialDisDancing challenge

how-to

1. explore the space you’re in
Walk around your living space and take it in as though you are seeing it for the first time. How is the space used in your everyday life? How is it not used? Discover alternative ways to use the space. Feel the textures of the furniture, floor etc. Who is in the room with you? Are you alone? How does that make you feel?

2. create a movement language
A phrase is a word we use in dance that you can compare to a sentence. It is an element of dance language. What would you like to say through movement? When creating a phrase, think about the tools we discussed. Sometimes, when in a smaller space, we use gesture phrases. For example, if you are only able to sit on a couch or on a chair, you could create your sentence of movement seated using your upper body and legs while seated. You can improvise too. Don’t overthink it! There are no wrong answers!

3. establish a beginning, middle & end
Now that you have explored your space and created language for it, you are ready to splice everything together. This is where your story can come in. Don’t fret, this does not have to be an elaborate dance opera! We just want to emphasize that the piece should come from somewhere, go somewhere and end somewhere else (or in the place where you started). Take your audience on a journey. Let the music inspire you! You can use original music created for you (by Audio Engineer Karl Learmont) bit.ly/2UkmNde or a song you love. Try to keep your piece around one minute, but no stress if you need more or less time!

4. record, upload, inspire, connect!
Please record your video, upload it to social media and tag @heididuckler with hashtags: #HeidiDucklerDance #SocialDisDancing

We want to see the beautiful art you have created. Let’s inspire each other and create an intentional community through art!

@heididuckler #SocialDisDancing #HeidiDucklerDance