

ONLINE PORTAL

CREATIVE TASK 4

CONTACT DUET

You will need one of the following:

- Someone else in the same household as you
- A clear space on a wall
- A solid chair or low table (make sure it is strong and please ask permission)

Step One – Find your Partner

With contact work, you will need a partner, that could be someone else in your house or if nobody is available, you can use a chair, table, or wall instead.

Partner A makes the tabletop. If you do not have somebody else to work with, this would be the chair, table, or wall.

Partner B would be the mover.



Step Two – Explore

Firstly, you will need to get used to applying weight into your partner or object.

Table Top - Partner A

To begin with, Partner A will need to make a tabletop

To do this, bend your knees and come to a kneeling position. Place two fists between your knees so that they are hip width apart. Next, place your hands on your knees and walk your hands forward until they are on the floor directly underneath your shoulders. Keep your arms straight and engage your core, trying to maintain a flat back. Your weight should be evenly distributed between your arms and legs.



Mover - Partner B

Now think about how to create balances and freezes in unique shapes using Partner A's tabletop as your support. Can you find ways you can travel across your partner? Use your hands and feet to stop you from falling off. Make sure you keep communicating with Partner A to make sure they feel safe. Take your time and work carefully.

Wall

When using a wall, focus on using the forces of push and pull to create interesting shapes. Try pushing into the wall using different body parts, such as your hands, or back to create different shapes.



Chair/Table

With your chair or table, think about how you can use it to help you create balances, freezes and unique shapes. Can you think about ways you can travel across your object? Use your hands and feet to stop you from falling. Stay safe and work carefully.



Step Three - Make it flow

Whether you have been working with a partner, a wall or table or chair, it is now time to set some movements. Remember 3 of your favourite balances and find interesting ways to connect each of them together.

For example: Think about how you can move around the object between each balance. You could hop over, slide round or travel across your partner and these can help you to link together your 3 favourite balances. It might look something like...

Balance One Transition Position Two Transition Position Three

Step Four – Perform and Share

Put on some music and share your “Contact Work” with somebody in the house. Get them to record it and send it to us at Ascension Dance. We would love to see what you come up with.

