

Modern Combos

Start with an intro in small groups of 6 or 8:

- * Name and gesture
- * Gesture game pass
- * Babble for 30 seconds about a topic with a partner/switch

Fun Games:

- * Mirroring in 2's changing leaders
- * Following the leader in 4's changing leaders
- * Conversations - tell story with movement, stop and other responds
- * Flash Dances - let the group watch conversations consecutively

Moving Through Space:

- * Far apart/close together
- * Follow and leave
- * Forming duets and trios
- * Guiding someone & changing directions
- * lowering to the floor, assisting up
- * levels and shapes
- * shape tag
- * trust walks straight across floor, eyes closed
- * guiding partners around the floor - eyes closed
- * walking in trios connected
- * pushing/resisting across the floor

Taking and giving weight, balance and counterbalance

- * sitting back to back
- * on all fours
- * standing

Improv/partnering

Using the floor as a partner (across the floor - ATF)

- * move ATF on all fours traveling forward
- * move ATF on all fours traveling backwards
- * monkey walks traveling ATF side to side (hands on floor sharing weight)

Basic partnering

- * cross arms grabbing wrists and plie using each others weight (travel around changing partners)
- * one person leans on another from different sides of the body (changing partners)
- * one person plies with back flat at 90 degrees; other person puts weight on the back/bootie pressing

Lifts/stunts

- * Baby spin
- * Baby spin on back
- * cartwheel on partners legs