



EF Group Facilitation Skills Class 4:

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Topic: Creating a ‘Score’ for Group Movement Creativity

This class provides a presentation with videos about how people have organized group dances in communities in unique ways such as the *Global Water Dances* and *The Planetary Dance*, and introduces the idea (just like as is used in music and composing) of creating ‘scores’ for structuring group movement processes.

We will be learning from Anna Halprin’s projects as well as others.

Agenda for Class 4 of EMF Group Facilitation Skills

1. Anna Halprin nature as resource Visualization and Water Movement **Warm-up** and **embodied speech** Check-In (1-1:25pm).
2. **Introduce Topic of Movement Scores for medium or large group dances** (1:25-1:35pm)
3. Watch the **Global Water Dances Film** (1:35-2:10pm)
Bio-Break (2:10-2:25pm)
4. Watch **Planetary Dances** short film and discuss (2:25-2:44pm)
5. **Small Groups: Creating a Movement Score (open or closed) in response 'coping with climate change' (2:50-3:20)**
6. Sharing of these Scores with larger group, close (3:20-3:30)

Warm-Up imagery & into your **water dance**

Warm-Up: Began with Anna Halprin's guided nature imagery into movement, from the book *Dance as a Healing Art*

More water imagery to evoke movement:

Streaming, Ocean flowing, Raining, Waving, Waterfalling, Cresting, Misting, Pooling, Rippling, Pulsing, Swirls...

Remembering a special water place in your life.

Dance from this memory and image of the water.

(Music from YouTube: Sound of ocean: <https://youtu.be/vPhg6sc1Mk4>)

On discovering Scoring....

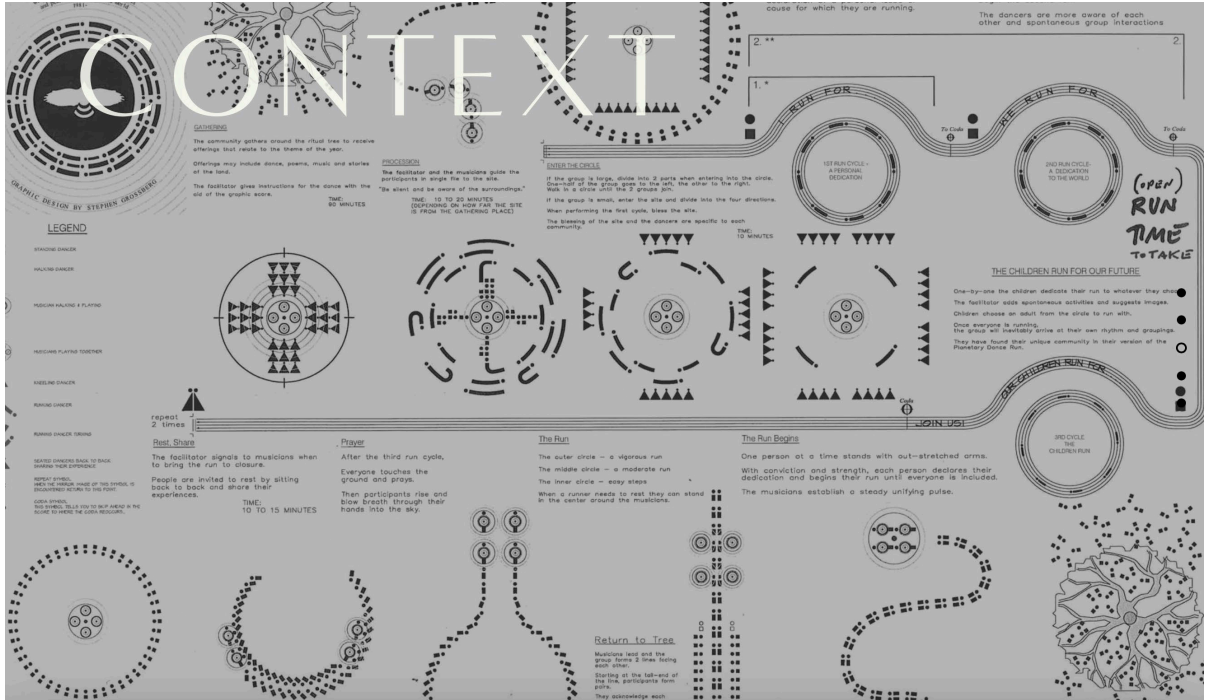
“When enough people move together in a common pulse, with a common purpose, an amazing force takes over – a power that can renew, inspire, teach, create and heal.”

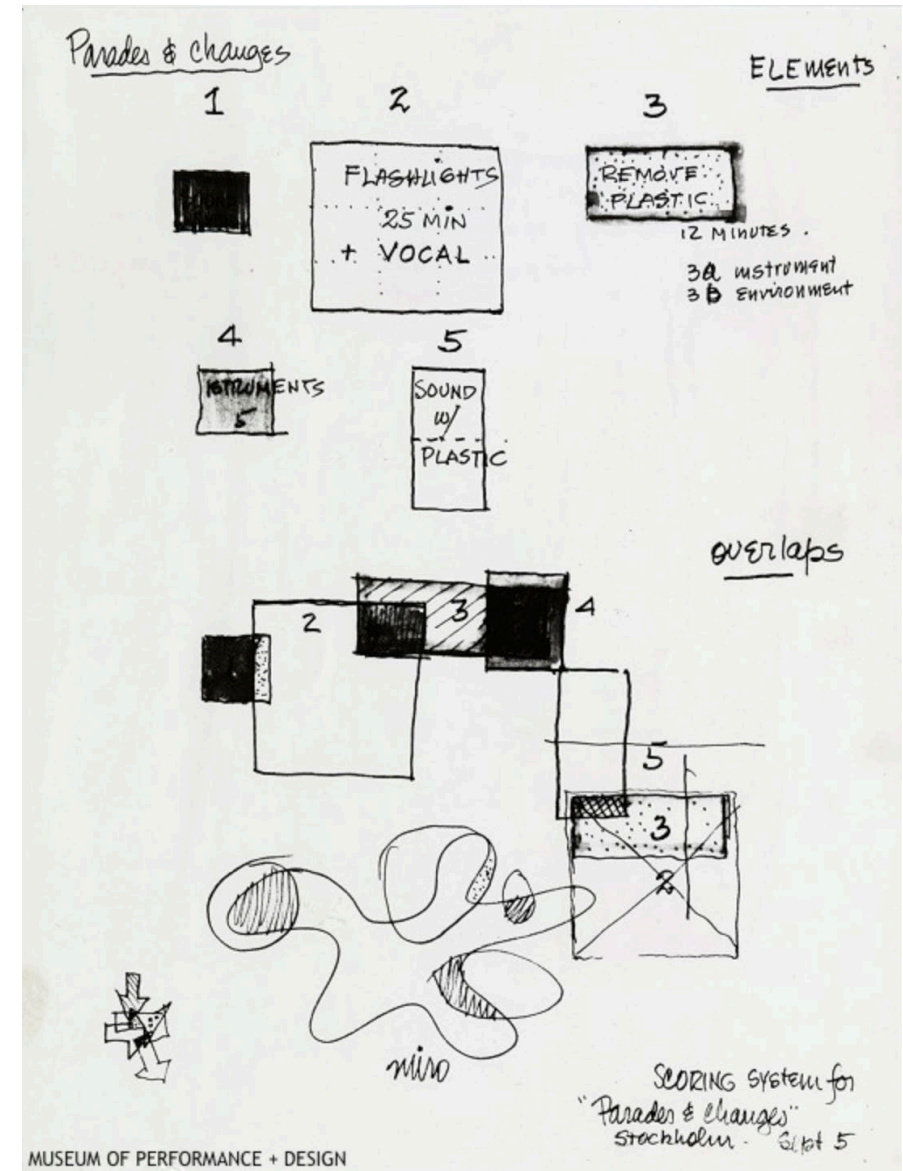
“At a certain point I realized that I needed some other ways for helping people develop this material fully. It wasn’t enough to have a momentary movement image feeling. What do you DO with it? Where does it go? And that’s when scoring came in, which opened a lot of new creative possibilities. That was the most freeing and liberating experience of my life.”

Anna Halprin, pioneer dance therapist, social justice advocate through movement (from the Book: Moving toward life)



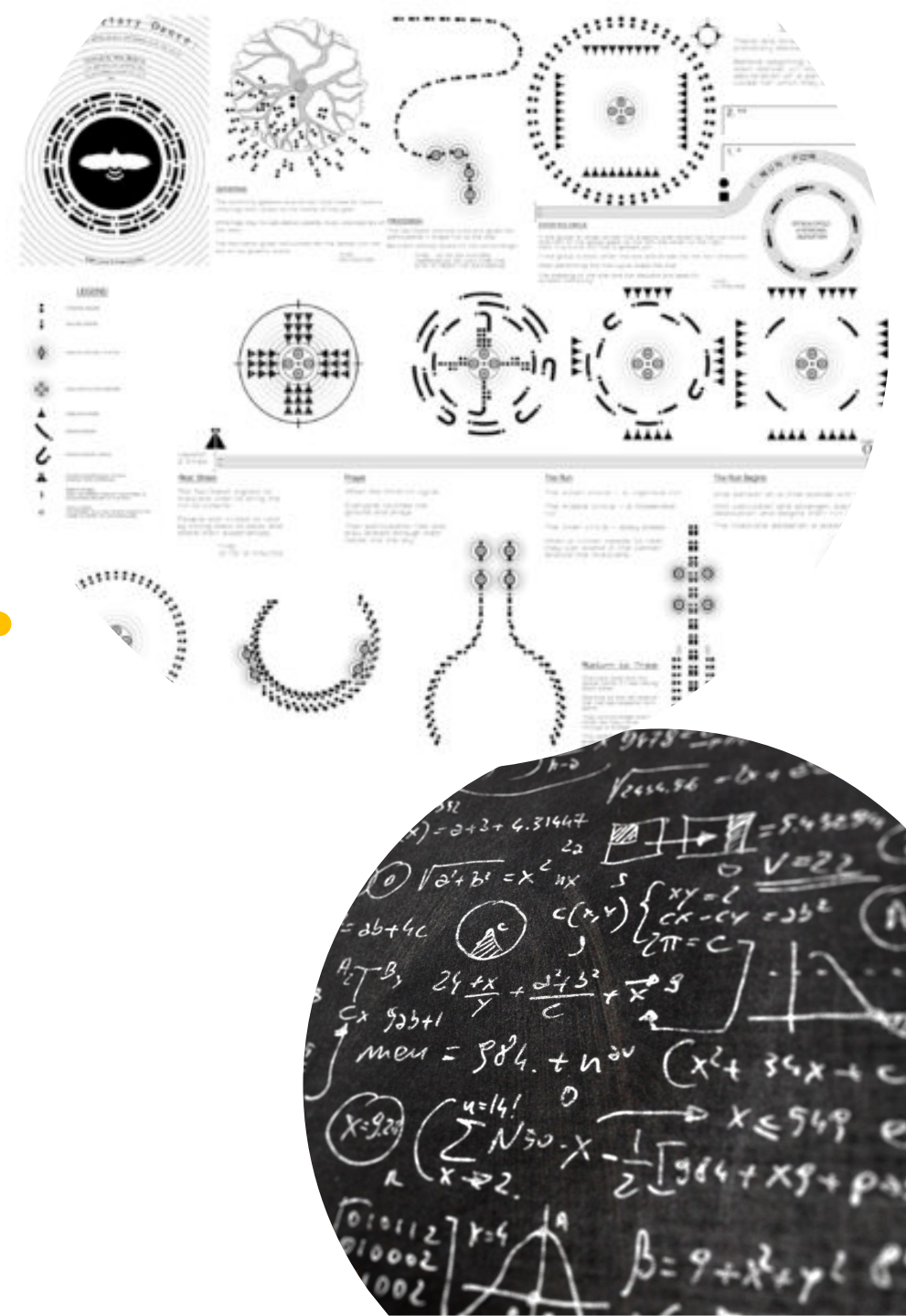
Example of
drawings of
scores: Anna
Halprin





What is a Score?

- It's a map and process for how you are inviting people to move and be in relationship together and for a purpose/intention.
- It can start with a drawing/mapping, sense of space harmony, ritual: how are you organizing time and space and flow of mover and opening the collective creative process.
- **Can be OPEN or CLOSED:** meaning there is space or not for more spontaneous in the moment improvisation or not. Both are valuable. Tell people what kind of score you are using.
- Intention to Theme to Scoring is the process.
- The Movement can be generated in all different ways.
- A “play by play”, featuring and organizing dynamics that may arise as well (as in music).



Documentary on Global Water Dances



<https://www.allarts.org/programs/all-arts-documentary-selects/ripples-and-reflections-10-years-of-global-water-dances-form7s/>



(About Global Water Dances, 35minutes)



Marylee Hardenbergh (Dance Therapist), Karen Bradley, (CMA) and Dr. Martha Eddy (BMC, RSMT), co-Founders with others.



Website for Global Water Dances:
<https://globalwaterdances.org>





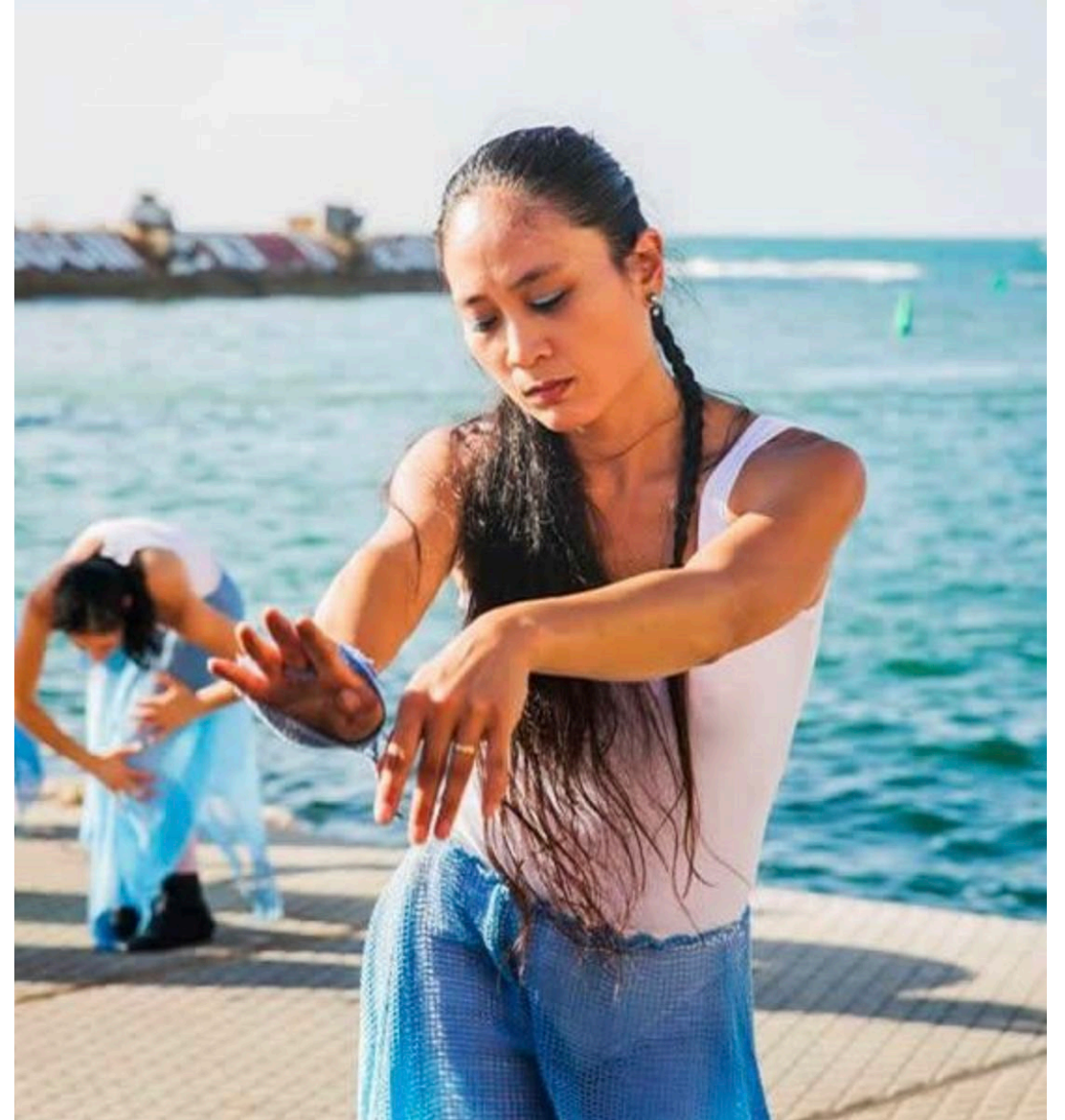
Global Water Dances: points


Everyone rehearses together on Zoom or in person and there is an actual choreography that can be generated by the group itself or shared with groups, then performed on the same day everywhere in the world.

R Laban's Movement Choirs would begin with a movement from each person generated based on a question, or exploration or theme, then be brought together into group movement as one option.

People can improvise within the Choreography moments of OPEN SCORE.

The dance can be mapped or scored onto the land itself; and involve the water as a dancer/mover/character.





Consider for purpose-driven movement scores

Some intention relating to social justice.

- Finding the inspirational impulses in people's bodies.
- Visual Design of the Score
- Space Harmony aspect of the Score
- Felt and Visual sense of Beauty in the Score
- Each person feels seen and included, has a VOICE through their body or actual speaking or singing voice: truth.
- A way to celebrate during and/or after the performance has taken place and talk about next steps for social justice initiatives so the movement momentum can build!



The 'Planetary Dance': founded by Anna Halprin

- Short film about Anna Halprin's Planetary Dance legacy: <https://youtu.be/cq9Qvk90QvI> (13 minutes)
- Shorter film about Planetary Dances (4min): <https://youtu.be/D2HL9X6kr2s>
- Planetary Dance for Ukraine done in Germany: <https://youtu.be/Jsi2HnizaAM>

Ideas:

"You are moving into ritual space": how do we facilitate this for people?

Mandala or other visual organization of people, what can be drawn from sacred geometry and other forms in nature? The circle is powerful.

Creating the CONTAINER in relationship with the site/land/place

- Agreements and expectations of dancers clear
- Musical accompaniment: Rhythm/Sound
- Space: Demarcating its use and where to move.
- Designed to include and possibly feature every dancer in a moment during the dance.
- Designed for movement options.

Website with more info on the
Planetary Dance movement:

<https://planetarydance.org>



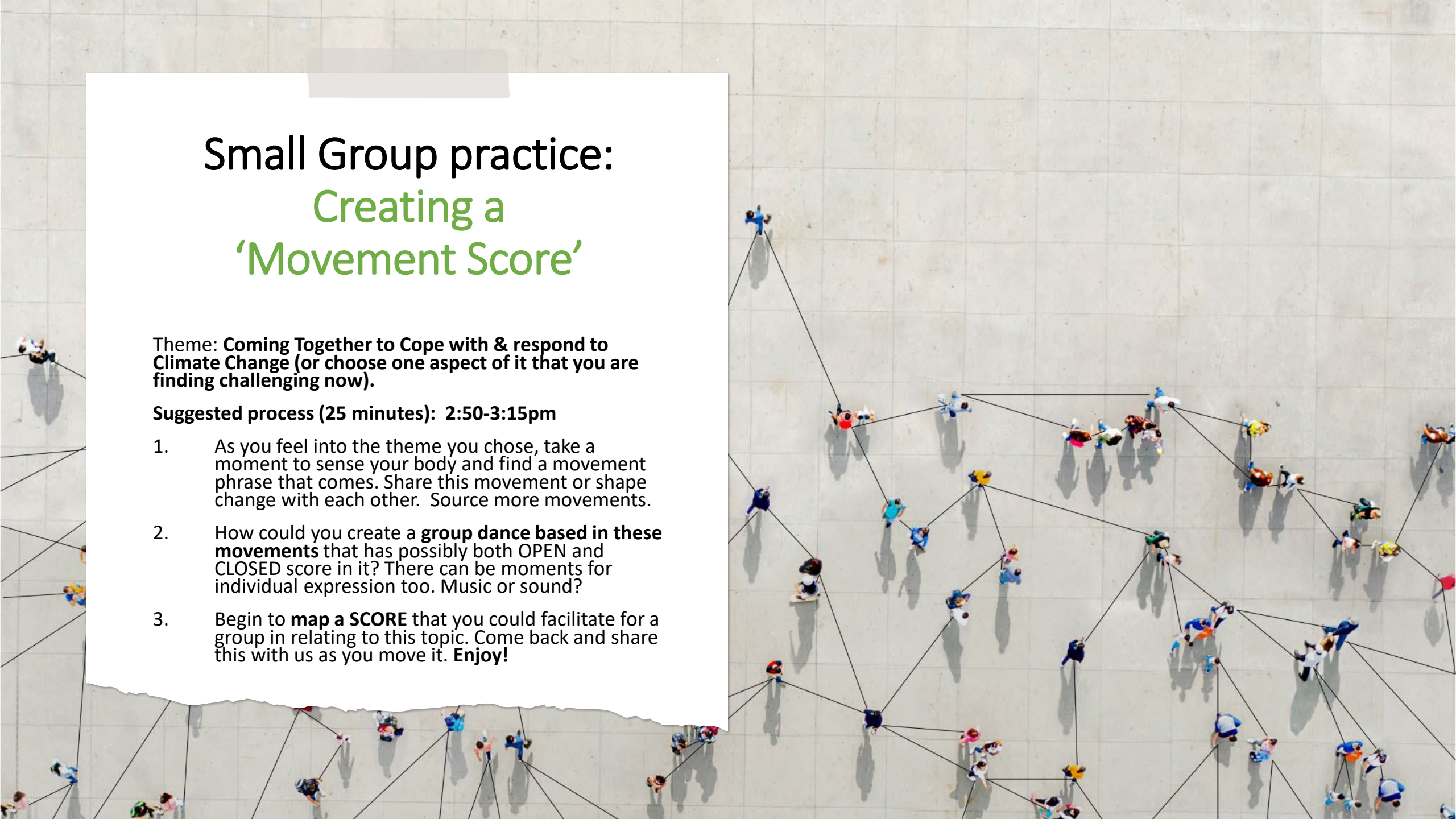


Small Group practice: Creating a 'Movement Score'

Theme: **Coming Together to Cope with & respond to Climate Change** (or choose one aspect of it that you are finding challenging now).

Suggested process (25 minutes): 2:50-3:15pm

1. As you feel into the theme you chose, take a moment to sense your body and find a movement phrase that comes. Share this movement or shape change with each other. Source more movements.
2. How could you create a **group dance based in these movements** that has possibly both OPEN and CLOSED score in it? There can be moments for individual expression too. Music or sound?
3. Begin to **map a SCORE** that you could facilitate for a group in relating to this topic. Come back and share this with us as you move it. **Enjoy!**



Asynchronous Assignment: to be completed before next class (1hr)



Taking what has been learned in this Moving with Groups course so far or the other EMF courses and bringing this into application:



You will be gathering a few movers together (family, friends) to create an expressive movement experience (30 minutes) composed of group movement experientials, or perhaps you will consider doing a Movement Choir with a group.



Make notes on this group and bring a short summary of what you offered to our next class; include how your movers responded, what you learned and 1 question or reflection you have to share with our EMF student group.



Other resources

- Example of a Planetary Dance SCORE from London, England:
https://static1.squarespace.com/static/5824deeb414fb545809a9006/t/583f4643e3df282aff8ebcae/1480541763474/PD_PDF+SCORES+%26+PREPARATION.pdf
- <https://www.pinterest.ca/pin/178807047681236377/>
- <https://www.facebook.com/PlanetaryDance/posts/4317427934948911/?paipv=0&eav=AfYM5bVhVoTC4cBLiYQVbcXyeRWSWhh3kak6gWzBPSKXcc3OcJW6Jx2oTJygJHCbX1k&rdr>

(See LearnDash for Bibliography for follow up readings as wanted).