

Chinese New Year Dance Activities



To improvise means to create actions on the spot, without rehearsing them. The traditional Chinese zodiac features a rabbit. Can you improvise three actions inspired by the way rabbits move?



Dancing in unison refers to two or more dancers performing the same actions at the same time. Work with a friend or family member. Choose an animal from the Chinese zodiac and perform three actions inspired by this animal in unison.



In dance, rhythm refers to the timing of the movements in the dance. Choose one of the animals featured in the Chinese zodiac and develop five actions inspired by this animal. Now choose a piece of music and perform these actions to fit the rhythm of the music you have chosen.



The dynamics of a dance are the way in which the dance is performed: quickly, slowly, energetically, calmly, smoothly or sharply. One of the animals in the Chinese zodiac is the snake. Can you perform three actions to represent the way a snake moves using suitable dynamics?



Dancing in canon is when two or more dancers perform the same actions one after the other. Work with a friend or family member. Choose an animal from the Chinese zodiac and perform three actions inspired by this animal in canon.



Mirroring is a dance technique in which two dancers face each other and perform actions at the same time but using opposite body parts so they look like they are reflecting each other. Work with a friend or family member. Choose an animal from the Chinese zodiac and perform three actions inspired by this animal, mirroring each other.