



TECHNOLOGY
TRIUMPHS



NCFE

Home Edu-Stage

Level 2 Certificate in Dance



Object Improvisation



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Introduction

Improvisation is a skill often used within dance. For a lot of dancers, the thought of being left to their own devices can be relatively daunting. Whereas to some performers it may come naturally. This is an important skill you can develop and is often used in audition circumstances or creative processes. In this section, we are going to discuss object improvisation and how we can use it.

Individuality

There is no right or wrong way to do this. As dancers, we are more than just our physical ability but our ideas too. Being able to play and come out of our comfort zone is where we will grow. As people we have all experienced and been influenced by different circumstances. Use these to your advantage.

Inspirations

For this improvisation task we are using objects as our source of inspiration. You can play with ideas of how this object is used. Such as a pillow, what ideas do you associate this with? For example a pillow fight, sleeping and comfort? With these associated ideas how can you physically portray a pillow throughout a movement sequence?

Why we do this

By focusing on external prompts we can think more about what we are creating than how it looks. This makes us less self conscious and more able to explore new ideas. Focusing on the feeling and your response to an idea is what will enable you to progress your improvisation.

Click the icon below to access a visual demonstration that will better help your understanding.



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Task

For this task we are going to begin to learn how to move comfortably without specific direction and set movements.

Objective 1

Pick an ordinary object, write down or record why you picked it. (100 words limit)

Objective 2

Figure out what you associate with this object; this can be a visual document such as a mind map, written or recorded. (100 words limit or 2-minute video limit)

Objective 3

Film a video to a song of your choice improvising with your chosen object in mind. This needs to be a reaction to the source of inspiration, this does not need to be choreographed. (3 minutes limit)

Objective 4

Write about the experience, what did it make you feel/discover? (200 word limit)