Oak Tree Balance | Student Dance Brief

K–2 | Louisiana Dance & Movement Lab | balance and counterbalance | 2–4 sessions of 35–60 minutes

Your movement challenge

Design a rooted shape and controlled branch-to-branch shift, using supports as needed

What to investigate

Louisiana live oaks as environment and movement prompt

Technical focus

balance and counterbalance

Before you dance

01. Name one movement you observe in a credited source and one thing you do not yet know.
02. Show a safe four-count baseline phrase.
03. Experiment with three different movement qualities or spatial directions.

Create and improve

01. Plan a short original sequence with a beginning, a change, and an ending.
02. Apply balance and counterbalance and rehearse the movement challenge.
03. Request one observation and one question from a peer, then make one significant change.

Turn in

Movement score or sketch; three trials; final performance/filmed excerpt/accessible notation; source credit; annotated revision; reflection.

Reflect

01. How did balance and counterbalance improve from beginning to end?
02. Who is credited for the tradition?
03. Which movement is your own invention?
04. How did you make choices safe and inclusive?

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