Triple Meter Bayou Waltz | Student Dance Brief

3–5 | Louisiana Dance & Movement Lab | three-count phrasing | 2–4 sessions of 35–60 minutes

Your movement challenge

Make an eight-measure phrase contrasting three-count rotation and directional travel without partner holds

What to investigate

Waltzes within Louisiana Cajun music

Technical focus

three-count phrasing

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 three-count phrasing 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 three-count phrasing 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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