**PERSONAL MOVEMENT STYLE CHECKLIST**

1. **What are your movement idiosyncrasies?**

### *(id·i·o·syn·cra·sy - a mode of behavior or way of thought peculiar to an individual: “one of his little idiosyncrasies was always preferring to be in the car first")*

1. **What are your favorite ways of using Space, Time, Energy?**

**SPACE –**

**TIME –**

**ENERGY –**

1. **Do you prefer to travel or stay in place?**
2. **Are you impulsive or sure and steady?**
3. **Would you characterize your movements as more gestural (existing in limbs or periphery) or postural (involving a lot of use of the torso)?**

**“Dance of YOU” assignment**

**Due: Completed sequences are due at the start of class on D-day, Feb. 21.**

Using your PERSONAL MOVEMENT STYLE CHECKLIST, begin to improv movement that would epitomize your movement style and preferences. Develop the improved movement into a choreographed sequence that represents your personal movement style – a typical “you’ dance. The sequence should have a clear beginning, middle and end, and be at least four, 8-counts in length.

Use the blank space below to write any notes that may help you in the creation or memorization of your movement sequence.