Dance Grades 9-12 choice: Ronald K. Brown/#Evidence Challenge

Watch a welcome video from Glenn Allen Sims and Linda Celeste Sims, Dance soloists from the Alvin Ailey American Dance Theater.

Objectives-
Students and their families will:
• Explore the life and career of dance maker Ronald K. Brown
• Use technology to learn the Evidence Dance Challenge
• Collaborate to create original dances

Instructions

Step #1: Watch an Interview

Watch this interview with Choreographer Ronald K. Brown.

Discuss the following prompts:
• When and how did Ronald K. Brown create his first dance?
• Who influenced Ronald K. Brown to become a professional dancer and choreographer?
• When was EVIDENCE, A Dance Company founded?
• What questions would you want to ask Ronald K. Brown?
Step #2: Explore EVIDENCE
Explore the Ron K. Brown/EVIDENCE website and share with each other the following information:

- Where is Evidence Dance Company based?
- Find the name of and one fact about the company’s Associate Artistic Director.
- What story does the piece “Grace” tell?
- What is the company’s mission?

As posted on the EVIDENCE Dance Company’s Instagram

“With the dancers of the company in different spaces and different places right now, we had to find a way to dance TOGETHER again. We have had to postpone shows and our return to the studio, but our spirits aren't broken. JOIN US in keeping all of our DANCING SPIRITS alive.”

Step #3: Learn the Dance Challenge
Learn the dance challenge with the option to film and share!

View the #EVIDENCECHALLENGE video

1. Standing in a wide parallel 2nd position, shift your weight side to side. On each shift hold your elbows out to the side and bend them to bring your hands to your chest and then straighten to extend your arms above your head. Do this 4 times, shifting weight right/left/right/left. This is an 8-count phrase.

2. Remain in parallel 2nd. Bouncing your knees, lift one knee at a time to the front. Right knee, then left, then right, then left. As the knee lifts the opposite arm stretches on a high diagonal and the same arm as knee is on a low diagonal (high left arm and low right arm when the right knee comes up). This phrase takes 8-counts.
3. Continue in parallel 2\textsuperscript{nd}. Bouncing your knees, lift one knee at a time to the side. Right knee, then left, then right, then left. As the knee lifts the arms bounce downward together, 2 bounces for each knee lift. This phrase takes 8-counts.

4. This is similar #2. but the leg lifts to the back with the knee bent. Bouncing your knees, lift one leg at a time to the back; Right leg, then left, then right, then left. As the leg lifts the same arm as leg stretches on a high diagonal and the opposite arm as leg is on a low diagonal (high left arm and low right arm when the left leg comes up). This phrase takes 8-counts.

5. Bounce in a wide 4\textsuperscript{th} position with the right leg front, pulling the arms back with elbows bent on counts 1/3/5 and 7. This is an 8-count phrase.

6. Repeat #5 with the left leg front.

7. Leave the left foot in a space hold (on the floor) make a counter-clockwise circle around yourself stepping back with the right foot 8 times. Your arms rock forward and back 4 times as you circle. Now repeat the move making a clockwise circle with the left leg back and the right foot in a space hold. This is a 16-count phrase.

8. This move is similar to #7 but the arms circle backward, overhead and down as you dance. Complete the counterclockwise and the clockwise circle. This is also a 16-count phrase.

9. In a wide parallel 2\textsuperscript{nd} position, take 2 small steps back on the right, then on the left. Repeat right and left for 16 counts. Counts 1-8 the
arms are extended waist high to the front, counts 9-16 the arms are overhead. This is a 16-count phrase.

10. In a wide parallel 2\textsuperscript{nd} position, take 2 small steps forward right and left and then step hop on the right leg. Repeat on the left (left/right/step left/hop left), then repeat right and left again. As you hop extend the same arm over head as the knee that lifts in the hop. This is a 16-count phrase.

11. Finish in parallel first position with a bow, arms on Namaste position.

\textbf{Step #4: Make Your Own Dance Challenge!}
Now create your own 30 second to 1 minute dance challenge!
You have the option to film and share!
Enjoy the power of dance!