

Love Duets

Dance & Movement



Set up

- Set aside 30 minutes
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- Prepare the kitchen table with space with two chairs and room to dance.
- Print out these instructions
- Collect ingredients:
- Sound system and favorite music that both partners love
- Music or lyrics: “Can’t Help Falling in Love with You,” “Tea for Two,” “Side by Side,” “I Want to Hold Your Hand,” “Swan Lake Pas de Deux”
- Your photos of dancing together or of familiar family members dancing
- Copies of photos of other people dancing duets and *pas deux*

Consciously Breathe

- Look your partner in the eyes and say, “Let’s breathe together”
- Take three deep inhales and exhales together

Sing and Move

- Sing a favorite love song together such as “Can’t Help Falling in Love with You” or “I Love You a Bushel and a Peck” (See lyrics if needed.)
- Begin to make up easy movements to go with the song.
- Invite your partner to hold your hands and sway side to side.
- Repeat the song without lyrics (use la-la-la) and continue swaying together.

Call and Response

- Say the words below and have your partner repeat after each line

- Start by saying, “Repeat after me.” You can add rhythm with your hands and feet.

Roses are Red

Violets are Blue

Sugar is Sweet

And so are You.

Create Together

Materials

- Sound system to play music
- Music that you and your partner love or you think your partner might enjoy. Popular dancing duets include “Tea for Two,” “I Want to Hold Your Hand,” “Side By Side,” or the *pas de deux* from Swan Lake.
- An open space, free of obstacles, that you and your partner can dance together safely. You can also place two chairs facing each other so you can sit together for a chair duet.
- Dancing duet photos

Process

- Begin by playing or singing or humming a favorite song and inviting your partner to dance a duet or *pas de deux* with you. You can hold hands or just begin swaying side-to-side or just let your hands and feet move to the music.
- Allow your partner to initiate leading the dance. You can take turns leading too.
- At the end of the dance/song make-up an ending: a bow or a gesture that finishes the dance.
- You can mention that dancing together is sometimes called a dance duet or a *pas de deux*. Brainstorm your favorite dance duets from: Fred Astaire movies, “Dancing with the Stars,” “Dirty Dancing,” or “Singing in the Rain,” etc.
- Try again by tapping your feet and hands to the songs “Tea for Two” or “Side by Side” or humming or singing “la, la, la” to one of the tunes.
- Try following the rhythm pattern that your partner is making.
- Imagine that you are tap dancing and tap your toes in front of you and across the other foot. Try doing the same pattern with your other foot. Invite your partner to join you.
- Have fun making up different tapping patterns to the rhythm of the song.

- Play or sing or hum “Can’t Help Falling in Love with You.” Invite your partner to do a slow dance or duet with you.
- Use this as a stepping-stone to explore stories when you and your partner have danced together (or didn’t). Stories can include high school dances, wedding dances, dance parties, barn dances, your “favorite love song” together or times when your Mom or Dad waltzed you across the room and you felt loved.

Celebrate Each Other

- Positively acknowledge a moment of accomplishment
- Examples: “Dancing and singing with you made me smile;” “I had fun when we were tap dancing together;” or “I loved singing “Can’t Help Falling in Love with You” together. I remember falling in love with you.”
- Savor the moment