

Mirror Dance

Dance & Movement



Set up

- Set aside 30 minutes
- Choose music to play on sound system or a tune or song to hum or sing.
- Set two kitchen chairs facing each other.
- Print out these instructions
- Music Possibilities:
 - Hymn: "Swing Low Sweet Chariot",
 - Musical: "O What A Beautiful Morning",
 - Jazz: "Autumn in New York," Latin: Mujer Magica (Rhumba)
 - Sounds of Nature (ocean, river, thunderstorm)

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 the song together: "O What a Beautiful Morning." (See lyrics if needed.)
- Begin to make up easy movements to go with the song.
- Invite your partner to mirror your gestures.
- Repeat the song without the lyrics (use la-la-la) and enlarge the gestures.

Call and Response

- Say the words below and have your partner repeat after each line.
- Start by saying, "Repeat after me."

Breathing in, breathing out
Breathing in, breathing out
I am blooming as a flower
I am fresh as the dew
I am solid as the mountain
I am firm as the earth
I am free
I am free
I am free

-Thich Nhat Hanh

Create Together

- Listening to the music that you have chosen or sing or hum a tune you like:
- Facing your partner, move slowly so that your partner can mirror you
- You can take turns leading and following
- Move as if you are connected, with or without touching fingers
- Imagine and move together:
 - Tree trunks swaying in the wind
 - Birds, soaring with wings outstretched
 - Flowers opening and closing
 - Waves crashing into shore and surging back to the sea
 - Try a side-to-side motion together, as if in a boat rocking in the water
 - Move in a rhythm together, slowly, so that your partner can move with you
 - Swaying side to side, moving together easily in the rhythm of the wind and the trees
- Hum or sing: "O what a beautiful morning, o what a beautiful day, I've got a beautiful feeling - everything's going my way."
- Touch each other's hands or fingers and thank each other for dancing

Celebrate Each Other

- Positively acknowledge a moment of accomplishment
- Examples "Dancing and singing with you made me smile;" "I had fun imagining rocking in the boat with you;" "I loved laughing together when we sang the song."
- Savor the moment