

CANADA'S
NATIONAL
BAJLET
SCHOOL
Sharing Dance

FALL IN LOVE WITH BALLET

very first
**MY CHOREOGRAPHY
WORKBOOK**



This choreography workbook belongs to:

Each time you complete a page, get up on your feet and explore the images and words using your body. Try each shape, pathway, rhythm and movement energy to create your own dance.

Colour the dancer and trace the words!

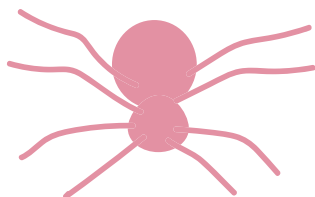
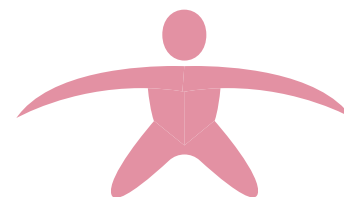
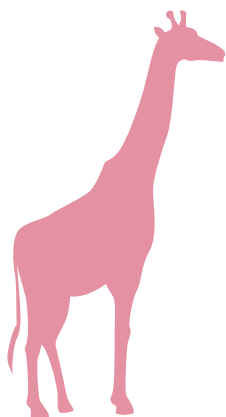


Dance with

energy

Dance like an animal!

Match the dancer to the animal.

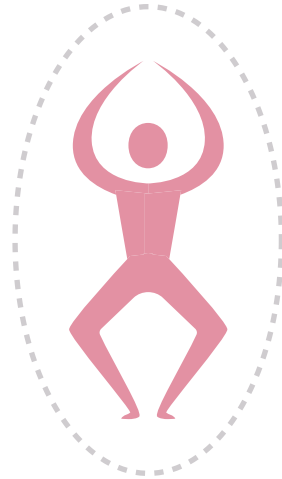


Dance with shape! Trace the shape.

Triangle



Oval



Circle



Diamond



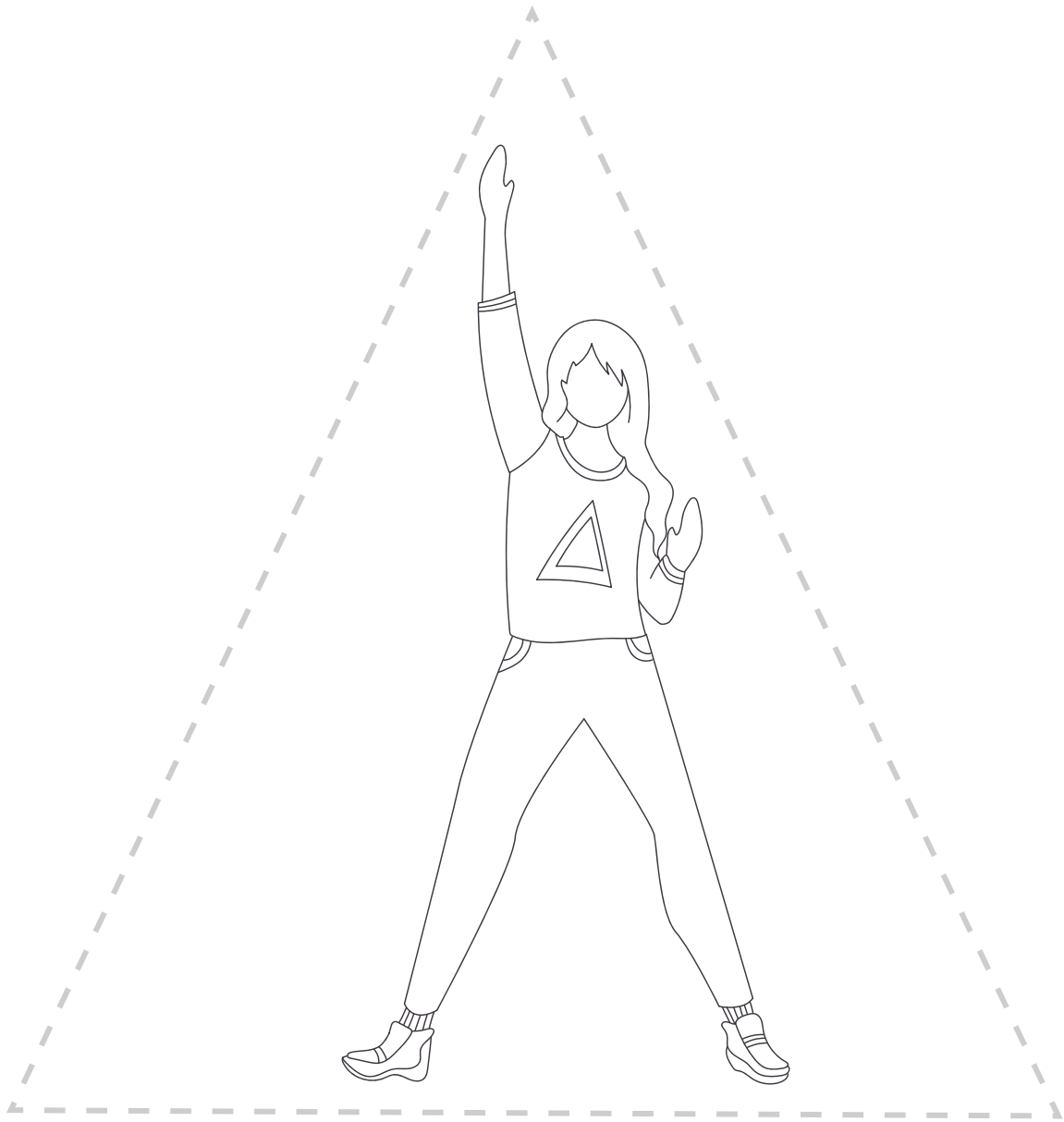
Square



Rectangle



Colour the dancer and trace the words!



Dance with

shape

Trace the dancer's pathways!

Dancer's Leap



Dancer's Turn



Dancer's Stomp



Dancer's Glide



Colour the dancers and trace the words!



Dance with

pathways

Dancers feel the beat!

Clap, stomp and tap along.



Clap 8 times



1 2 3 4 5 6 7 8



Stomp 8 times



1 2 3 4 5 6 7 8



Tap 8 times



1 2 3 4 5 6 7 8



Try this

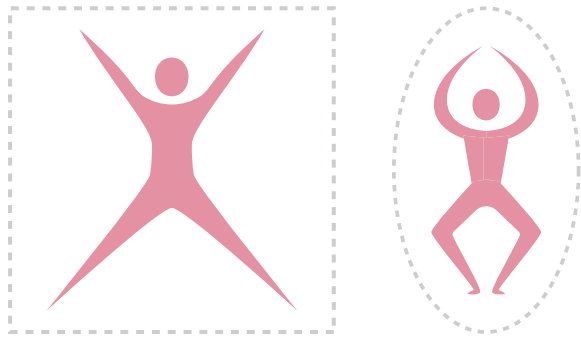
1 2 3 4 5 6 7 8

Write your own

Dance with...



_nergy



_hape



_athways



_hythm