Shared Time: Collaborative Inclusive Dancemaking at a Distance

Maggie Bridger and Sydney Erlikh with dancers Will Bennett, Maypril Krukowski, Ginger Lane and Lauren Sheely
Overview

- Introduce Inclusive Dance Workshops at Access Living and dancers
- Shared Time viewing
- Moving through the Shared Time dance making process
  - Brain Dance
  - Generate your own phrase
  - Learn our shared phrase
- Wrap Up with Q & A
The Inclusive Dance Workshops at Access Living

Chicago, IL
Instagram: @inclusivedancechicago
Facebook:

A group of about 13 people of different ages, genders, races and embodiments/enmindments are grouped together in a large room with dark green carpet and light purple walls. The group is dancing together. Some people seem to be reaching out, others are twisting their bodies. Some crouch down on the floor, and others move through the space.
Shared Time (excerpt)
Brain Dance

Adapted from Anne Green Gilbert’s BrainDance method.

- Breath
- Tactile
- Core-Distal
- Head-Tail
- Upper-Lower
- Body Half
- Cross Lateral
- Vestibular

More on the BrainDance: https://www.creativedance.org/brain-dance/
What did the Brain Dance feel like today?

- Opening
- Familiar
- Full
- Warmup
- Calm
- Great
- Cozy

Words that describe dance for you?

- Home
- Necessary
- Graceful
- Complex
- Freeing
- Expressive
- Life force
- Painful
- Personal
- Complicated
- Musical
- Big Time Rush

Words you would use to describe dancing together this past year?

- Empowering
- Friendly
- A Team
- Community
- Unifying
- Social
- Belonging
- Fun
- Silly
- Playful
- **Jake**: Familiar, Warmup, Calm
- **Stefanie**: Calm, Life Force, Playful
- **Alex**: Pull, Complex, Empowering
- **Erin**: Calm, Team, Grateful
- **Maypril**: Great, Big Time Rush, Fun
- **Maggie**: Painful, Personal, Social
- **Sydney**: Playful, Cozy, Opening
- **Will**: Calm, Expressive, Fun
- **Lauren**: Playful, Necessary, Opening
Jake
Familiar, Warmup, Calm

Erin
Calm, Team, Grateful

Sydney
Playful, Cozy, Opening

Stefanie
Calm, Life Force, Playful

Maypril
Great, Big Time Rush, Fun

Lauren
Playful, Necessary, Opening

Alex
Pull, Complex, Empowering

Maggie
Painful, Personal, Social

Will
Calm, Expressive, Fun

Ginger
Playful, Warm Up, Empowering
A group of dancers arranged in a circle in a large conference room. Some dancers sit in wheelchairs, while others stand using chairs and tables for support.