

national **dance**
company **wales**
cwmni **dawns**
cenedlaethol **cymru**

KiN
CONNECTED

LEAD, TOUCH AND FOLLOW



Suggested Age 6+
Duration 10 min+
Group size 2+

Dance Task

Working in pairs, one person is the lead and the other is the follow. The lead gives touch to the follow to guide them and make them move. The follow has to move each body part towards the lead so that they start to travel.

If you are the leader:

- Give clear contact so that the follow can feel it

- Take your time, let the follower move when they are ready
- Be safe and sensitive when you make contact

If you are the follower:

- Listen to the lead and only move the body part they touch
- Move slowly, try not to be too fast or get stuck between each move

This activity helps to:

- Warm up the body
- Learn how to make contact sensibly
- Develop improvisational skills
- Find creative ways to move
- Build partner skills

Other ideas:

- Use different music in the background to affect how you move
- Imagine moving through water, syrup or zero gravity to explore different movement styles.