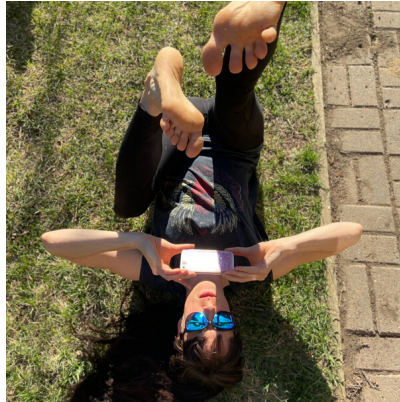


COMMON WEAL COMMUNITY ARTS Artful Isolation Activities

Week Five: Body Part Blitz with Heather Cameron



Heather Cameron is a contemporary dancer and choreographer who believes that "living life" and "creating art" are inseparable and indistinguishable activities. With flair and pointy poses she experiments with bodily expression, primarily with FadaDance [Troupe](#) and [Studio](#).

This activity is possible thanks to a partnership with the [Heritage Community Association](#) in Regina, Saskatchewan.



Take a tour of your body through dance and film.

What is Body Part Blitz? Creative Movement is a form of dance that uses prepared and improvised body movement to explore self expression. In this activity, you'll spotlight different body parts by capturing one minute bursts of creative movement, creating a virtual tour of your body's landscape. Using different perspectives and small gestures, everyday actions are transformed into an intimate display of the self.

Why Body Part Blitz? Heather's approach to dance is one that embraces freedom and adventure in the name of creative exploration, a perspective that's embraced by the students she works with through FadaDance Studio. Since isolating, she's been challenged to innovate her practice. What does it look like to encourage a movement practice while remaining at a distance? In her own words, "being unable to choreograph on others during this period of social distancing, I devised this project to feed my creative hunger. I still wanted to make dances and provide others with a platform for creative physical exploration and choreography. I am inspired by the constraints that COVID-19 has imposed and am curious to see how my artistic expression will evolve in this time."

PHOTOS PROVIDED BY HEATHER CAMERON

ACTIVITY SHEET CREATED BY COMMON WEAL COMMUNITY ARTS IN SASKATCHEWAN

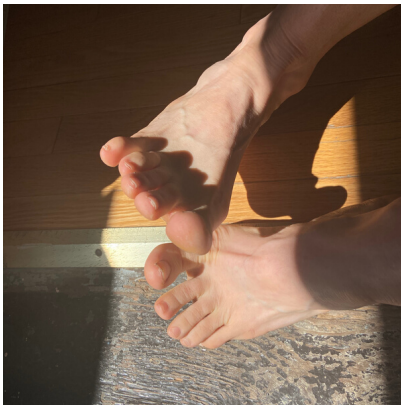
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Suitable For: All Ages (note that wee ones will need technical support and supervision).

What You'll Need: A portable device (phone or tablet) and a video app. Heather used TikTok to create her video, but you can also use another video editing app such as iMovie, Splice, or Adobe Premiere Clip.

Getting Ready:

- Never made a TikTok video? We can help! Check out [this simple tutorial](#). Make sure to set your video length to one minute for this project. If you are using another app, take time to familiarize yourself with its functions and features.
- Tah-dah! Take a look at [Heather's very first TikTok video!](#) Her goal was to jump around from one body part to another, thinking about how each new "mini dance" would punctuate the movements before and after the clip.
- Explore creative movement on YouTube. [This short dance film](#) will help you think about shadow and different ways to capture the body in movement. [This one](#) explores the micro and macro. When you zoom in, the body can transform into a foreign landscape. Witness the power of a repetitive action. (Disclaimer - butts!)
- Costume, props, and backgrounds are a great way to enhance the practice of movement, as shown in [this video](#). Think about what you want to wear in your video. Do you want to fabricate a set? What space will you dance in? What is your backdrop?



Activity:

- Put on your costume, it's showtime! Pick a body part and start filming. Jump from one physical location to another. Keep filming different takes, or "mini dances," until one minute is complete. Feel free to visit the same body part more than once or explore different body parts within a single video or series of videos.
- Incorporate music into your video(s). Heather suggests capturing movement without a soundtrack, then allowing the movements to inspire a musical selection.
- If you're using TikTok, you may choose to explore effects. Heather chose to keep her video raw, relying on the movements and music for expressional impact.
- Post your video! Find Heather (@dr.boneybones) on TikTok and she'll be your friend. She's eager to see your exploration of body and movement. You can also post your video to Facebook or Instagram, tagging **#cwneighbours** and **#cwmovement**.

Reflection:

- Follow the hashtags above and watch other people's videos. What are the similar, and different, motifs you observe?
- Watch the video(s) you've created. What do you notice? What unexpected moments exist in these explorations? Have they encouraged you to see your body in a new way?
- The focus of this project is touring the body. What are some other themes that could inspire future one minute dance film projects? Choose a new theme and try the project again! Challenge a group of friends or family to join you!
- TikTok is commonly used to recreate dance challenges. There's a place for this type of engagement, but it leaves little room for creativity. *Body Part Blitz* encourages you to develop an individual offering. Allowing yourself the freedom of self expression online is rare, and this activity can be a tool to give people "permission" to be themselves and see their body as beautiful, creative, and unique. Why do you think this type of content is rare on TikTok?