

# Dance Daze® At Home Challenge #7: Pathways



## 1: What is a pathway?

A pathway is the trail that a person, animal, or object travels to get from one place to another place. In dance, we use pathways to help us travel through space.

## 2: Why are pathways important?

Pathways are important because they can help guide our movement in different spaces. When we are traveling on a certain pathway, we know where we are going. If we are thinking about pathways, we can make choices when we are dancing or making dance to either stay on the pathway or to change and create a different pathway. Pathways can be useful if we have many dancers moving at the same time. If each person is on their own pathway, this can help ensure that dancers are not crashing into each other.

## 3: How can we use pathways?

We can use pathways to guide our movements and to help give order and shape to our dance choreography. Pathways can also help us add variety to our dances.