

## CREATIVE DANCE WORKSHOP

**Saturday 28<sup>th</sup> May, 2011**  
**The Ark, Temple Bar**

	MUSIC	ACTIVITY
<b>WARM UP</b>	<i>Quixtomomosis</i> – <i>Brass Souls</i>	Shake out – arms – R then L up & side, R then L down & side; legs R then L front & side, R then L back & side Claps in 2s high, high, mid, mid, low, low & spin around. X 2 Then claps single - high, high, mid, mid, low, low & spin around. X 2 Clap overhead, behind back, under L leg, under R leg Twist on spot – move to right – move back to left
	<i>Ta Douleur - Camille</i>	Bounces – 4 to front , to Right, to Back, to Left, Front, Left, Back, Right. (squared figure 8 pattern)
	<i>Golden Brown - Stranglers</i>	Arm swings side to side, Side to side and over the top, arm swings and skip to the side. Upper body twist, 1, 2 and turn to the Right, 1, 2 and turn to Left.
	<i>Why Can't We Live Together - Sade</i>	Sitting cross legged R leg in front – bow to R and touch head off knee, repeat to L. Hands reach forward to touch floor (we're not worthy). Repeat with L leg in front. Legs stretched in front reach R hand for L big toe, L hand for R big toe.
<b>TRAVEL</b>	<i>Cha Cha – Balkan Beat Box</i>	Walk 2, 3, 4, 5, 6, 7, 8. Freeze for 8. Then 4s, 2s, 1s. Using Action Word cards we developed this sequence - Walk 2, 3, 4. Swing 2, 3, 4 Roll 2, 3, 4. Leap 2, 3, 4. After playing with this a few times as a solo dancers then got into pairs or trios and made a unison sequence, replacing Walk with Travel to offer some scope.
		Elements chosen by drawing words from Action Word list (see website link)

	MUSIC	
<b>CROSS THE FLOOR</b>	<i>Pick Up The Pieces – Average White Band</i> <i>Lady Madonna – Beatles Go Baroque/Breiner</i>	Gesture sequence. Walk 2-3-4. Wait 2-3-4 then building it up. Walk 2-3-4. Where are my keys/Oh no; Oh Hi/Oh no!; I can't believe I did that; Big splash/Brush & brush.
<b>Development of the floor crossing sequence</b>	<i>Peter Gunn Theme – The Blues Brothers</i>	In groups – Take 2 of the gesture cards per group and make a gesture sequence for 8 beats can be added to the learnt phrase. Avoid a lot of repetition. Explore new ways to arrange group ie. Circle, square, line opposite line etc. Actions can be in canon, pairs, unison. Groups perform for each other – do sequence, short pause and repeat. Alternatively they could do the phrase first time, travel around space and repeat in another part of the hall.

	MUSIC	
<b>OUR HOUSE</b>	<i>Dare (Soulwax Remix) – Gorillaz</i>	Opening Pose - Think of a room in the house where you relax – take up pose of you in that room. In groups think of a room and make a piece of furniture you'd find in that room using all the bodies in the group. Using the Alfabod sheet make a sequence that spells out the letters of that piece of furniture (in sequence or not ie. S-O-F-A or A-F-O-S-F) 3 Rooms. Another possible activity which we didn't have time to do is to think of a room and make a still image of you doing an activity in that room. Then make a second and third image. Make sure you can do each image one after the other. Next, find a way to make interesting transitions from 1 to 2 to 3 using turns, leaps, swings. At the end of this you have a movement phrase rather than 3 still images By taking the elements created above then repeating and re-arranging them a substantial dance can be constructed.

Hopefully in this workshop you have become more familiar with some of the building blocks of dance – travelling, gesture, shape making etc.

When asking children to make dances my advice is

- Set clear, simple tasks. Eg. Make 2 different shapes and find a way to go from one into the other. or Make a movement that shows someone opening an umbrella/driving a car/brushing teeth.
- Add quality suggestions afterwards eg. When opening an umbrella sequence imagine all the things you use are extra large so your movements will be too or do it in slow motion and then 2 or 3 times very fast.
- Add variations and extensions to material afterwards eg. Can you do that more slowly/ how do you want to begin or finish the dance/ could you move to another part of the space and repeat it/ could you do some of the dance together and the rest at different times

## CD Listing

Here is a list of the music used in the workshop and some other pieces that you

	Name ▲	Time	Artist
1	<input checked="" type="checkbox"/> Breiner: Beatles Concerto Grosso #1 (In The Style Of Handel) – Lady Madonna, ...	2:19	Peter Breiner: Peter Breiner Chamber Orchestra
2	<input checked="" type="checkbox"/> Cha Cha	4:14	Balkan Beat Box
3	<input checked="" type="checkbox"/> Dance 001 (BPM 120)	6:40	Ciarán Gray
4	<input checked="" type="checkbox"/> Dance 003 (BPM 120)	2:56	Ciarán Gray
5	<input checked="" type="checkbox"/> Dance 004 (BPM 101)	4:23	Ciarán Gray
6	<input checked="" type="checkbox"/> Dance beats 007	2:37	Ciarán Gray
7	<input checked="" type="checkbox"/> Golden Brown	3:30	The Stranglers
8	<input checked="" type="checkbox"/> Memphis Stomp	3:37	Dave Grusin
9	<input checked="" type="checkbox"/> Peter Gunn Theme	3:50	The Blues Brothers
10	<input checked="" type="checkbox"/> Pick Up The Pieces	3:59	Average White Band
11	<input checked="" type="checkbox"/> Quixotomosis	5:01	BRASSOULS
12	<input checked="" type="checkbox"/> Scout	2:09	Calexico
13	<input checked="" type="checkbox"/> Ta Douleur	3:11	Camille
14	<input checked="" type="checkbox"/> Why Can't We Live Together	5:28	Sade

Might find useful. Happy dancing!