

CREATIVE DANCE WORKSHOP

Saturday 9th May, 2009
The Ark, Temple Bar

	MUSIC	ACTIVITY
WARM UP	<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.
TRAVEL	<i>Cha Cha – Balkan Beat Box</i>	Walk 2, 3, 4, 5, 6, 7, 8. Freeze for 8. Then 4s, 2s, 1s. Using Random Word Picker we got this sequence - Walk 2, 3, 4. Roll 2, 3, 4. Toss 2, 3, 4. Rise 2, 3, 4.
		Elements chosen by throwing RandomWordPicker but could just as easily be decided by drawing words from Action Word list (see website link)

CREATE	<i>Often A Bird – Wim Mertens</i>	Group of 6. Each chooses a <u>different</u> shape. Show them and then find a way to connect them in one shape. Whole group chooses <u>one</u> shape from sheet. All do it and find way to combine in one group shape. Find a movement that seems to come naturally from this position. Insert a travel phrase before last shape.
PERFORM		Divide group in two. Choose 2 shapes from sheet. Half group does one shape and the other half does the other – combine them.
APPRECIATE		Encourage talk about what is observed in pieces – teacher highlight positive elements – construction, quality of movement, focus, transitions. Ask for feedback from viewers and dancers – is there any part they particularly liked or would like to change?

CROSS THE FLOOR	<i>Pick Up The Pieces – Average White Band</i>	Gesture sequence. Walk 2-3-4. Wait 2-3-4 Walk 2-3-4. Chewing gum, Chewing gum, Where did that coin roll, Oh hi, Oh no.
Development of the floor crossing sequence	<i>Peter Gunn Theme – The Blues Brothers</i>	In groups – make a gesture sequence for 8 beats. Avoid a lot of repetition. Get at least 3 gestures into the 8 beats. Add to the above gesture sequence. Find a new way of arrange group ie. Circle, square, line opposite line etc. 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.

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 making a sandwich /opening an umbrella/driving a car.
- Add quality suggestions afterwards eg. When making a sandwich 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 Might find useful. Happy dancing!

1	<input checked="" type="checkbox"/> Quixotomosis	5:01	BRASSOULS	Not Your Ordinary Municipal Brass Band
2	<input checked="" type="checkbox"/> Ta Douleur	3:11	Camille	BBC Radio 3 – Awards For World Music 2007 (Disc 1)
3	<input checked="" type="checkbox"/> Golden Brown	3:30	The Stranglers	Drive Time 4
4	<input checked="" type="checkbox"/> Why Can't We Live Together	5:28	Sade	Diamond Life
5	<input checked="" type="checkbox"/> Love Blues	3:04	Various Artists – Shanachie Records	Every Road I Take
6	<input checked="" type="checkbox"/> Pick Up The Pieces	3:59	Average White Band	
7	<input checked="" type="checkbox"/> Cha Cha	4:14	Balkan Beat Box	BBC Radio 3 – Awards For World Music 2007 (Disc 1)
8	<input checked="" type="checkbox"/> Often a bird	3:49	Wim Mertens	Jardin clos
9	<input checked="" type="checkbox"/> Peter Gunn Theme	3:50	The Blues Brothers	The Blues Brothers Soundtrack
10	<input checked="" type="checkbox"/> Memphis Stomp	3:37	Dave Grusin	The Firm (Soundtrack from the Motion Picture)
11	<input checked="" type="checkbox"/> Scout	2:09	Calexico	
12	<input checked="" type="checkbox"/> Dance 001 (BPM 120)	6:40	Ciarán Gray	Ciarán Gray's Album
13	<input checked="" type="checkbox"/> Dance 003 (BPM 120)	2:56	Ciarán Gray	Ciarán Gray's Album
14	<input checked="" type="checkbox"/> Dance004 (BPM 101)	4:23	Ciarán Gray	Ciarán Gray's Album
15	<input checked="" type="checkbox"/> Blue Monday	7:24	New Order	Singles
16	<input checked="" type="checkbox"/> Mountains O' Things	4:39	Tracy Chapman	Tracy Chapman
17	<input checked="" type="checkbox"/> Simply A	3:50	Tommy Hayes	Pure Bodhrán 1
18	<input checked="" type="checkbox"/> Sweet About Me	3:11	Gabriella Cigli	
19	<input checked="" type="checkbox"/> 38th Street Blues	2:29	B.B. King	Spotlight On Lucille