

## CREATIVE DANCE WORKSHOP

**WEDNESDAY 1<sup>st</sup> & 8<sup>th</sup> October**  
**Scoil Chiaráin, Hartstown & Coláiste Mhuire, Marino**

	MUSIC	ACTIVITY
<b>WARM UP</b>	<i>Quixtomomosis – 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 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. Walk 2, 3, 4. Balance 2, 3, 4. Walk 2, 3, 4. Balance 2, 3, 4. Make it small 2, 3, 4. Walk 2, 3, 4. Balance 2, 3, 4. Make it small 2, 3, 4. rotate on spot, 3, 4.
		Alternative – use cubes with action words (see Action Words webpage) Allow a dancer to roll cube and build up sequence as above using cubes to suggest elements.
<b>CROSS THE FLOOR</b>	<i>Pick Up The Pieces – Average White Band</i>	Gesture sequence. Walk 2-3-4. Wait 2, 3, 4. Walk 2-3-4. Where's my keys, oh no. Walk 2-3-4, Where's my keys, oh no, oh hi, it's not them, so embarrassed circle walk,
	<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.

<p><b>CREATE</b></p> <p><b>Using Shape Sheet</b> (see website link)</p>	<p><i>Often A Bird – Wim Mertens</i></p>	<p>Group of 6. Each chooses a different shape. Show them and then find a way to connect them in one shape. Keep making the same individual shapes but combine in a second group shape. Do Shape 1 walk away for 8 walk back and form Shape 2. Whole group chooses one 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. Divide group in two. Choose 2 shapes from sheet. Half group does one and the other half does the other.</p>
<p><b>PERFORM</b></p>		<p>Whole Dance = Gesture Sequence + Shape Dance 6 groups – 2 perform while 4 watch. (Hartstown) 4 groups – 1 performs while 3 groups watch. (Coláiste Mhuire) Neutral position before beginning. Hold final position until music fades and 'relax' cue given.</p>
<p><b>APPRECIATE</b></p>		<p>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?</p>