

CREATIVE DANCE WORKSHOP

WEDNESDAY 19th November 2008
Coláiste Mhuire, Marino

	MUSIC	ACTIVITY
WARM UP	<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 Shoulder, elbow, arm forward, Both arms forward. Shoulder, elbow, arm back, both arms back
	<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. Combination – Swing & Skip to Right then Twist & Turn to Left. Repeat X 2 then repeat reversed. Group work – One group in space does Swing & Skip to Right then Twist & Turn to Left and then runs off. 2 nd group runs on and does same. Exits space. 1 st group comes back and does other side.
	<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. 4s and 2s. Move Cube sequence – walk 4, grab 4, throw 4 and open 4.
CROSS THE FLOOR	<i>Pick Up The Pieces – Average White Band & The Blackbird – Sharon Shannon</i>	Gesture sequence. Walk 2-3-4. Wait 2, 3, 4. Walk 2-3-4, Chewing gum Oh no. Wak 2-3-4, Chewing gum, Oh no, Big splash, brush brush, Hands to head, hands down.

<p>CREATE</p> <p>Using Number Body sheet (see website link)</p>	<p><i>The Be All & End All – Bic Runga</i></p>	<p>In groups of 3 dancers use the Numberbody to decide which body parts are required to make the beginning of a mobile no. 087 They do a phrase based on this in unison. Then they take their own chosen phone number and do the first 3 digits using the bodyparts from the sheet. The movement can be completely free, based on drawing the numbers or circle, triangle, square as desired.</p>
<p>PERFORM</p>		<p>6 groups so 2 perform while 4 watch.</p>
<p>APPRECIATE</p>		<p>Brief discussion of choices made, qualities observed, influence of music etc.</p>

<p>CREATE</p> <p>Dance Building Board Game (see website link)</p>	<p><i>Scout – Calexico</i></p>	<p>Each member of the group takes a letter A, B, C. The board games and counter are given out and the teacher rolls the die. Dancer A gets to choose where the counter lands based on die throw. Groups then follow instructions. Decisions are made about starting positions, sequence of performance canon, unison etc. When A's choice has been fully explored then the die is rolled again and B decides where to take the counter. This phrase B is added to phrase A. Repeat with person C. Connect the 3 phrases and find a finishing position.</p>
<p>PERFORM</p>		<p>6 groups – each group performed separately.</p>
<p>APPRECIATE</p>		<p>Brief discussion of how instructions were interpreted and choices that were made.</p>