

MARINO SUMMER COURSE - DANCE

Tuesday 3rd July 2018

	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 back R & L, elbow back R & L, arm back R & L, both arms fwd. Shoulder fwd R & L, elbow fwd R & L, arm fwd R & L, 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) Then 2s in each direction. Then 1s in each direction. Double time 1s in each direction
	<i>Blue Digital</i>	Arms overhead – roll down thru body for 4 Walk out to plank for 4 Return for 4 Roll up for 4 Repeat with one hand balance R hand in air then L hand in air. Roll back and rise for 4 Repeat with arm underneath & roll to R then push up to plank. Roll to L and push up. [See video]
	<i>Golden Brown - Stranglers</i>	Arm swings side to side, Side to side and over the top, arm swings and skip to the side. Twists with arms slowly raising then descending. Upper body twist, 1, 2 and turn to the Right, 1, 2 and turn to Left. Swings and skip to R Twist and turn to L X 2 Walk around for 4 1, 2 and turn to Left. Swings and skip to L Twist and turn to R X 2
	<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. Elbow to knee in straddle R and L Big reach behind R and L Superman Superman swimming Pencil roll

	MUSIC	
Rhythm	<i>Cha Cha – Balkan Beat Box</i>	Move 8 Freeze 8 (16 beats each time) Move 4 Freeze 4 x 2 Move 2 Freeze 2 x 4 Move 1 Freeze 1 x 8
GROUP Phrase exploration and creation	<i>Johnny Got A Boom Boom – Imelda May</i> <i>Scout – Calexico</i>	<p>Travel and Phrase Build</p> <p><u>Explore</u></p> <p>Walking. Skipping 4 on one side then 4 on other. Skipping 2 one side change 2 the other. When ONE is called you spin and come to rest on a low level. Travel and repeat a few times. When TWO is called jump and land facing a new direction and make a shape that takes up a lot of space. Travel and try out alternating between ONE & TWO.</p> <p>When THREE is called melt like a waxwork down into an 'interesting' puddle. Travel and try out using ONE, TWO & THREE.</p> <p><u>Create</u></p> <p>Take the three dance elements and combine them into a <i>dance phrase</i>. Whole class travel in space and when NOW is called perform the phrase.</p> <p><u>Perform</u></p> <p>Class broken into A & B. Whole class travels together. When A is called B keep moving and watching while members of group A perform their phrase, then return to travelling en masse. Then B is called and groups A watch while moving around. This is a <i>low focus</i> method of allowing dancers to perform for each other without being in the glare of full-on scrutiny. It also gives the teacher a chance to assess the work being done by dancers.</p>

	MUSIC	
Theme Cars	<i>Close To The Edit – The Art of Noise</i>	Taught Choreography [Teacher Generated] Pedal Pedal Jump apart Reach Belt on/Knee up 1 & 2 walk walk Drive x 6 Look R Look Front Indicate Look Front Mirror Look Front Jump fwd & rt. Jump swivel left jump swivel left Right knee up and vroom around Bouncing and making H with both hands on imaginary gear stick.
Driving Me Crazy Dance		Logo Sheets SOLO Choose a logo from the sheet. Use index finger/hand to draw in the air in front of you. Now draw it in a different direction - high/low side behind Now draw it in a direction other than front but not with hand or finger. Now draw the shape beginning in one direction/ level and finish on another. Begin the shape with one body part and switch to another. Travel in space - 'LOGO' draw your pattern. Change the speed - slow very slow quick Change the dynamic - begin slow and careful [caramel] have a fast moment and finish with fluid PAIRS/DUETS Decide on a shape not already used. Work out how you are going to represent it. Will you do it in UNISON or CANON? Will you do it facing each other/side by side facing front/side by side alternate facing.
		Pulling it Together Groups enter one by one and begin bouncing All do 'Pedal Pedal' sequence in UNISON A-s into space Solo for 8/16 Walk away 4 Back for 4 Duet for 8 Exit B-s into space Solo for 8/16 Walk away 4 Back for 4 Duet for 8 Exit

		<p>C-s into space Solo for 8/16 Walk away 4 Back for 4 Duet for 8 Exit</p> <p>2 Circles with fewer dancers in inner circle Outer circle faces in does PEDAL PEDAL Inner circle – faces out and does SOLO LOGOS or PEDAL PEDAL</p> <p>Leaders crouch - form 'cars' and swirl around space to exit.</p>
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Unfortunately the website links don't work in this PDF file but here are addresses you can copy and paste.

My Website URL is: <http://homepage.eircom.net/~dance/>

Workshop Music -

<https://www.dropbox.com/sh/1jdv155dfs35kfd/AAB4Eco9m5N2vdMAjUUhMV4ua?dl=0>

Videos of Warm Up -

<http://homepage.eircom.net/~dance/WARMUP.htm>