

## CREATIVE DANCE WORKSHOP

Thursday 17<sup>th</sup> , 2011  
St. Patrick's Boys' School, Donabate.

	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. Twist & touch hip x 4, twist & touch shoulder x 4, twist & reach diagonal x 4, twist & touch shoulder x 4, twist & touch hip x 2, 2 and turn to the Right, walk; twist & touch hip x 2 and turn to Left. 2 groups A and B. Group A does Swing and skip to the Right then Twist and turn to the Left x 2 then run off. Group B run on and do same sequence then run off while Group A run on and do Left side. They run off when finished and Group B run on and do Left side.
<b>TRAVEL</b>	<i>Dance Beats or Cha cha cha</i>	Walk 2, 3, 4, 5, 6, 7, 8. Freeze for 8. Walk 4, freeze 4. Walk 2, freeze 2. Move Freeze X 8
		Jigsaw – in pairs A & B. (1) Stand back to back and then with music A travels around space while B remains. A moves about Bs who are stationary. A returns when music stops. B then leaves and travels about, returning when music stops. (2) A & B face each other and join using arms and upper body. A leaves this shape to travel about and respond to other shapes. A returns. B leaves and travels about etc. (3) A & B make a shape using whole body with attention to levels. A leaves and returns as before. B leaves and returns. (4) A leaves but must join to somebody else when music stops – not trying to recreate shape but make a new one spontaneously. B leaves this new shape and joins to someone else when music stops.

	<i>Dance Beats 003</i>	Numberbody 1 – Using the Numberbody sheet take a phone number and make a list of the body parts it gives eg. 087 gives head, knee, hip. The dancer then creates a sequence using those bodyparts as the main focus. If the dancer needs inspiration then CIRCLE TRIANGLE SQUARE offers a framework ie. 087 = head/CIRCLE knee/TRIANGLE hip/SQUARE
		Numberbody 2 – Groups are given numbers sentences eg. 6 times tables. They use the numberbody to make the number sentences into movement sentences. Over time they could do all of one set of tables and then groups could be put together and teach each other their sequence (and perhaps the number facts – sneaky huh?)

<b>CREATE</b>	<i>Scout – Calexico</i>	Dance Boardgame – groups of 3 (up to 5) Each person given a letter A, B etc. Teacher rolls die and calls out number. Dancer A chooses where the counter lands on the board. The group then interpret the instruction. Make sure they get maximum out of material and don't just go for quick option. Repeat die throw and B chooses next box to land on. Add this movement element to the first and so on. (More details and suggestions on downloaded board game.) The groups perform for each other and talk about what they saw.
<b>Using Shape Sheet (see website link)</b>		
<b>PERFORM</b>		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?
<b>APPRECIATE</b>		