

CREATIVE DANCE WORKSHOP

Tuesday 8th , 2011

St. Patrick's Boys' School, Donabate.

| | 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 |
| | <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 - Strangers</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. |
| TRAVEL | <i>Cha Cha – Balkan Beat Box</i> | Walk 2, 3, 4, 5, 6, 7, 8. Freeze for 8. Walk 4, freeze 4. Walk 2, freeze 2. Move Freeze X 8 Walk 2, 3, 4. Twist 2, 3, 4. Flop 2, 3, 4. Fly 2, 3, 4. Elements chosen by drawing words from Action Word list (see website link) |
| CROSS THE FLOOR | <i>Pick Up The Pieces – Average White Band.</i> | Gesture sequence. Walk 2-3-4. Wait 2, 3, 4. – to begin. Walk 2-3-4. Where's my keys, oh no. Who said that, Oh hi. (List of gesture phrases on Website resource list) |
| | <i>Peter Gunn Theme – The Blues Brothers</i> | In groups – add two gestures to the sequence for 2 or 4 beats each eg. Umbrella up/Atchoo. Avoid a lot of repetition. 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. |

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| 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. |
| PERFORM | | Travel phrase – group members move around their space before making final image. Divide group in two. Choose 2 shapes from sheet. Half group does one shape and the other half does the other – combine them in one shape. Find a movement that seems to come naturally from this position. |
| 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? |

Here is a list of the music used in the workshop (marked with a red dot) and some other pieces that you might find useful. Happy dancing!

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| 1 | <input checked="" type="checkbox"/> | Breiner: Beatles Concerto Gros... | 2:19 | Peter Breiner: Peter Breiner Cham... | Beatles Go Baroque |
| 2 | <input checked="" type="checkbox"/> | Cha Cha | 4:14 | Balkan Beat Box | BBC Radio 3 – Awards For World Music 2007 (Disc 1) |
| 3 | <input checked="" type="checkbox"/> | Dance 001 (BPM 120) | 6:40 | Ciarán Gray | Ciarán Gray's Album |
| 4 | <input checked="" type="checkbox"/> | Dance 003 (BPM 120) | 2:56 | Ciarán Gray | Ciarán Gray's Album |
| 5 | <input checked="" type="checkbox"/> | Dance004 (BPM 101) | 4:23 | Ciarán Gray | Ciarán Gray's Album |
| 6 | <input checked="" type="checkbox"/> | Golden Brown | 3:30 | The Stranglers | Drive Time 4 |
| 7 | <input checked="" type="checkbox"/> | Memphis Stomp | 3:37 | Dave Grusin | The Firm (Soundtrack from the Motion Picture) |
| 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"/> | Pick Up The Pieces | 3:59 | Average White Band | Drive Time 4 [Disc 1] |
| 11 | <input checked="" type="checkbox"/> | Pukepoke Te Pate | 2:40 | Te Vaka | Nukukehe |
| 12 | <input checked="" type="checkbox"/> | Quixotomosis | 5:01 | BRASSOULS | Not Your Ordinary Municipal Brass Band |
| 13 | <input checked="" type="checkbox"/> | Scout | 2:09 | Calexico | Spoke |
| 14 | <input checked="" type="checkbox"/> | Sweet About Me | 3:11 | Gabriella Cigli | |
| 15 | <input checked="" type="checkbox"/> | Ta Douleur | 3:11 | Camille | BBC Radio 3 – Awards For World Music 2007 (Disc 1) |
| 16 | <input checked="" type="checkbox"/> | Why Can't We Live Together | 5:28 | Sade | Diamond Life |