

## CREATIVE DANCE WORKSHOP

Monday 14<sup>th</sup> Oct, 2013

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)
		The warmup can be viewed on the video page of the website.
<b>TRAVEL</b>	<i>Amazon - M.I.A.</i>	Walk 2, 3, 4, 5, 6, 7, 8. Freeze for 8. Walk 4, freeze 4. Walk 2, freeze 2. Move Freeze X 8
	<i>Cha Cha – Balkan Beat Box</i>	Walking On 1 – Spin and point to a corner with a body part. On 2 – Melt until the body is supported on one hand and two feet. On 3 – Jump and land facing a different direction (Spiderman type pose?) <b>Groups of 3</b> - decide on a sequence eg. 3 – 1 – 2 and as a group make a phrase based on the moves that go with each number.
<b>CROSS THE FLOOR</b>	<i>Pick Up The Pieces – Average White Band.</i>	Gesture sequence. Walk 2-3-4. Wait 2, 3, 4. – to begin. 2 <sup>nd</sup> time across 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 8 beats eg. Who threw that? Where's your pencil? 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.

<b>WATER - DANCE</b>	
<b>Section 1</b>	<p>3 Groups A B C</p> <p><u>Water in Action</u></p> <p>8 beats for nothing</p> <p>8 beats moving slightly</p> <p>8 x 3 approx. movement in large group eg. WAVE then break into smaller groups to do second movement eg. RAPIDS</p>
<b>Section 2</b>	<p>Smaller groups – V W X Y Z</p> <p><u>Water – Home to ...</u></p> <p>Movement sequence suggested by 3 different creatures eg. TURTLE JELLYFISH SHARK</p>
<b>Section 3</b>	<p><u>Water Activities</u> – Whole Group - Sequence based on movements involved in various activities.</p> <p>Left Elbow 1-2-3-4 Right Elbow 1-2-3-4</p> <p>Left Elbow 1-2-3-4 Swim breast stroke to Left</p> <p>Turn right Row 2 Stand 2 Row 2 Stand 2</p> <p>Lean away from sail 2 – 3 – 4</p> <p>Throw water polo ball 2 3 4</p> <p>Splash - Splash – SplashSplashSplash</p> <p>(Development opportunity – having taught this sequence or one like it the children could be asked to add an 8 or 12 beat phrase of their own)</p>
<b>Section 4</b>	<p><u>Water Words</u> - Solo – choose 2 words from the list as a way to travel around space.</p> <p>eg POURING SPLASHING</p> <p>4 GROUPS NAMED WATER - UISCE WODA (Polish) PAANI (Bangladeshi) AGUA (Spanish) - when your group name is called you have 8 beats to travel around the space.</p> <p>All Groups together.</p>
<b>FINISH</b>	<p>Repeat Section 1 &amp; create final image.</p>

## WATER - DANCE

<b>Section 1</b>	<b>Water in Action</b> <ul style="list-style-type: none"><li>• Waves</li><li>• Waterfalls</li><li>• Rapids</li><li>• Whirlpools</li><li>• Streams</li><li>• Drips</li></ul>
<b>Section 2</b>	<b>Water – Home To ...</b> <ul style="list-style-type: none"><li>• Whale (míol mór)</li><li>• Fish (iasc)</li><li>• Jellyfish (smug róin)</li><li>• Seal (rón)</li><li>• Diving bird (éan tumtha)</li><li>• Turtle (turtar)</li><li>• Sharks (siorc)</li><li>• Dolphin (deilf)</li><li>• Flying fish (iasc eitle)</li></ul>
<b>Section 3</b>	<b>Water activities</b> (Choreographed – see other table) <ul style="list-style-type: none"><li>• Swimming</li><li>• Diving</li><li>• Sailing</li><li>• Rowing</li><li>• Kayaking</li><li>• Windsurfing</li><li>• Paddling</li></ul>
<b>Section 4</b>	<b>Water Words</b> <ul style="list-style-type: none"><li>• Swirling</li><li>• Splashing</li><li>• Dripping</li><li>• Sloshing</li><li>• Pouring</li><li>• Sluicing</li><li>• Gurgling</li><li>• Spitting</li><li>• Spraying</li><li>• Lapping</li></ul>