

## CREATIVE DANCE WORKSHOP

**Monday 21<sup>st</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)
	<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
		The warmup can be viewed on the video page of the website.
<b>TRAVEL</b>	<i>Amazon - M.I.A.</i>  <i>Cha Cha – Balkan Beat Box</i>	Travel 2, 3, 4 Switch direction 2 3 4. Repeat a few times with different ways of travelling eg. skipping, hopping, running . Then get a dancer to choose an Action Word and add that to phrase. Allow a few goes to explore then get a dancer to choose another word from ACTION WORDS (sheet on website resources). Eventually we got TRAVEL for 4 WRIGGLE for 4 HOP for 4 GRAB for 4. Teacher can preset which Action Words are on offer. Dancers explore this a few times as a solo. Then break into groups of 3 or 4 and set a sequence doing the Action Words in whatever order they choose eg. WRIGGLE – TRAVEL – GRAB – HOP Dancers perform these in groups simultaneously. Then some groups perform while others watch and alternate.

	MUSIC	ACTIVITY
'Folk' Dance	<i>Kansas City Hornpipe - Fred Morrison</i>	<p>South African Welly Dance</p> <p>Basic 4 beat – step forward on R; step back on R. x 4</p> <p>Slap outside of R foot with R hand before Basic 4 walk. (And 1 – 2 – 3 – 4)</p> <p>Break 1 – walk forward 2 and back 2.</p> <p>Slap outside of R foot then inside of L foot with R hand(And 1 – And 2 – 3 – 4)</p> <p>Break 2 – walk fwd 2 and back 2, point R with L hand and point L with R hand, feet together and jump to face front</p> <p>Slap outside of R foot then inside of L foot with R hand, then slap calf of R with L hand (And 1 – And 2 – And3 – 4)</p> <p>Break 3 - walk fwd 2 and back 2, point R with L hand and point L with R hand, feet together and jump to face front, shimmy backwards with shoulders shaking and arms to the side.</p> <p>Slap outside of R foot then inside of L foot with R hand, then slap calf of R with L hand and inside of L foot with R hand (And 1 – And 2 – And3 – And4)</p> <p>Break 4 - walk fwd 2 and back 2, point R with L hand and point L with R hand, feet together and jump to face front, shimmy backwards with shoulders shaking and arms to the side, then bend forward and jump forward 4 times with hands on knees.</p> <p>Finish – Slap both hands down/up on R thigh, stamp, Clap 2, Slap hips 3 &amp; 4 (Repeat)</p> <p><b>See Video demonstration</b></p>

	MUSIC	ACTIVITY
ALPHABOD	<i>ROYALS - LORDE</i>	<p>Using the Alhabod sheet (downloadable from website) groups decide how to do the letters IE . This a mini phrase which they will come together to perform so it should not be too short. They can get more value out of it by repeating it or doing it in unison and then in canon.</p> <p>Each group then takes an IE word eg. FRIEND. In pairs or solos they decide how to do F – R (repeating if desired) they come together to do IE and then separate to finish off the word N - D</p>

<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>3 x 8 approx. movement in large group eg. WAVE then break into smaller groups to do second movement eg. RAPIDS for 3 x 8</p>
Travel to groups U V W X Y Z for section 2	
<b>Section 2</b>	<p>Smaller groups –U V W X Y Z 4 or 5 in each.</p> <p><u>Water – Home to ...</u></p> <p>Movement sequence suggested by 3 different creatures eg. TURTLE JELLYFISH SHARK</p> <p>The groups choose a creature and then use its way of movement to suggest/inspire their movement. They don't have to pretend to be sharks or jellyfish.</p>
Get into lines for Section 3	
<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>

<p style="text-align: center;"><b>Section 4</b></p>	<p><u>Water Words</u> - Solo – Dancers choose 2 words from the list as a way to travel around space. eg POURING SPLASHING – the dancers then finds a way to travel about the space interepreting these words.</p> <p>Organisation – The class is divided into 4 GROUPS NAMED WATER - UISCE WODA (Polish) PAANI (Bangladeshi) AGUA (Spanish). Then when a group name is called out by the teacher they have 8 beats to travel around the space.</p> <p>Teacher calls UISCE – they move for 8 then freeze. WODA – they move and freeze. PAANI – same and AGUA same thing. Then the teacher calls “All Groups together”. All four groups move and make their way back to their starting positions.</p>
<p style="text-align: center;"><b>FINISH</b></p>	<p><u>Repeat Section 1 &amp; create final image.</u></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>