

## CREATIVE DANCE WORKSHOP

Saturday March 3<sup>rd</sup>, 2012  
Marino

	MUSIC	ACTIVITY
<b>WARM UP</b>	<i>Quixtomomosis – Brass Souls</i>	<p>Shake out – arms – R then L up &amp; side, R then L down &amp; side; legs R then L front &amp; side, R then L back &amp; side</p> <p>Claps in 2s high, high, mid, mid, low, low &amp; spin around. X 2 Then claps single - high, high, mid, mid, low, low &amp; spin around. X 2</p> <p>Twist on spot – move to right – move back to left Shoulder, shoulder, elbow, elbow, arm, arm – forward. Then both back together. Shoulder, shoulder, elbow, elbow, arm, arm – backward. Then both forward together – take this sequence around the room.</p>
	<i>Golden Brown - Stranglers</i>	<p>Arm swings side to side, Side to side and over the top, arm swings and skip to the side.</p> <p>Twist &amp; touch hip x 4, twist &amp; touch shoulder x 4, twist &amp; reach diagonal x 4, twist &amp; touch shoulder x 4, twist &amp; touch hip x 2, 2 and turn to the Right, walk; twist &amp; touch hip x 2 and turn to Left.</p> <p>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.</p>

	<b>MUSIC</b>	<b>ACTIVITY</b>
<b>TRAVEL</b>	<i>Cha Cha – Balkan Beat Box</i>	Walk 2, 3, 4, 5, 6, 7, 8. Freeze for 8.(x 1) Walk 4, freeze 4.(x 2) Walk 2, freeze 2.(x 4) Move Freeze (X 8) (Each one is for 16 beats) Travel for 4 Letter X for 4; travel for 4 Letter Y for 4; travel for 4 Letter Y for 4
<b>PAIR</b>		<b>Pair</b> - Travel 2 3 4 Letter W for 4. Travel 2 3 4 Letter X for 4. Travel 2 3 4 Letter Y for 4.

	<b>MUSIC</b>	<b>ACTIVITY</b>
<b>GROUP</b>	<i>Kila – hAon Dó Trí</i>	Square Numbers
		Standing in a square groups of 4 dancers take multiplication sentences that create square numbers. The numbers are drawn using the body parts denoted on the Numberbody resource. Multiplication and Equals symbols can be represented by group gestures or movement around the square.

	<b>MUSIC</b>	<b>ACTIVITY</b>
<b>GROUP</b>	<i>Average White Band-Pick Up The Pieces</i>	Gesture stories
		Crossing the floor – walk 2, 3, 4. Big splash, brush left & right. What was I doing, oh yeah! What's that smell, 3, 4. Groups then take phrases from the Gesture Phrases sheet and add them to the initial phrase. Now the group should consider how they arrange themselves and whether gestures are done in unison or canon.

	<b>MUSIC</b>	<b>ACTIVITY</b>
<b>GROUP</b>	<i>Gotan Project – Queremos Paz</i>	Beginnings and endings.
		Using the Alphabod sheet groups of 4 take a series of letters and make a movement phrase. EXAMPLE. SCR = Right knee, right shoulder, left hip. Individuals then take an ending each (-APE; -EAM; -ATCH; -EECH) and make a solo phrase. Extension:- Dancers pair up and teach each other their phrase which they perform as a duet. (Same method applies with endings on IPPEA 2012 Resource Sheet)

Here is a list of the music used in the workshop and some other pieces that you might find useful. They're on the CD.

▲	Name	Time	Artist	Album
1	<input checked="" type="checkbox"/> Pick Up The Pieces	3:59	Average White Band	Drive Time 4 [Disc 1]
2	<input checked="" type="checkbox"/> Queremos Paz	5:16	Gotan Project	La Revancha Del Tango
3	<input checked="" type="checkbox"/> Quixotomosis	5:01	BRASSOULS	Not Your Ordinary Municipal Brass Band
4	<input checked="" type="checkbox"/> Cha Cha	4:14	Balkan Beat Box	BBC Radio 3 – Awards For World Music 2007..
5	<input checked="" type="checkbox"/> Dare (Soulwax Remix)	5:48	Gorillaz	Dare – Single
6	<input checked="" type="checkbox"/> Golden Brown	3:30	The Stranglers	Drive Time 4
7	<input checked="" type="checkbox"/> hAon Do	4:23	KiLA And OKI	Kila & Oki