

CREATIVE DANCE WORKSHOP

Saturday March 5th , 2011
Marino

	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 Shoulder, shoulder, elbow, elbow, arm, arm – forward. Then both back together. Shoulder, shoulder, elbow, elbow, arm, arm – backward. Then both forward together.
	<i>Ta Douleur - Camille</i>	Bounces – 4 to front , to Right, to Back, to Left, Front, Left, Back, Right. (squared figure 8 pattern) Then for 2 Then for 1 Then quick 1s Arm swings R fwd/L back, L fwd/R back x 4; full circle. Rising on toes Small jumps.
	<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.
	<i>Why Can't We Live Together – Sade</i> <i>1st workshop only</i>	Sitting cross legged R leg in front and long backed. Curl spine down and head towards right 4 beats. Curl up 4. Repeat to L. Repeat in centre, placing hands on the floor. Cross legs with L in front and repeat sequence. Sitting in V position – R elbow to L knee and L elbow to R knee.

	MUSIC	ACTIVITY
TRAVEL	<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)
PAIR		<p>Pair - Travel 2 3 4 Curl 2 3 4 Twist 2 3 4 - after exploring the walk, curl, twist as a solo then make pairs or trios and each group decides on a way of interpreting the phrase together. Also develop the travelling section so that the walk becomes runs, skips or hops etc.</p> <p>Decide which one of you is A and B (you'll need this later).</p>
SOLO	<i>Dance Beats 007</i>	<p>Using the Alphabod sheet choose a word CURL or TWIST C (R shoulder), U (L knee), R (L hip), L (R hand) T (R knee) W (R foot) I (L elbow) S (R knee) T (R knee) End your movement with the shape you have spelt out ie CURL or TWIST You Can Vary – direction; level; dynamic; size</p>

	MUSIC	ACTIVITY
GROUP	Calypso Jazz - <i>BB King</i>	<p>WATCH THE SLIDESHOW, CHOOSE A SHAPE OR SHAPES & THEN ... Draw the shape(s)</p> <p>Make the shape(s) with your body/bodies</p> <p>Make a movement to show the shape(s)</p> <p>Travel the shape(s). - a combination of the above. Make a movement phrase. Suggestion – split the group so that they have different movements but work together as a group all the same.</p>
THE DANCE		<p>SOLO – enter the space and do your sequence GROUP – go to your group and perform sequence PAIR – go to pair and do sequence A SOLO – A leaves pair and does solo then returns to partner B B SOLO – B leaves pair and does solo then returns to partner A GROUP – in groups perform movement phrase again. A FINISH – A leaves their group and travel to a finishing position. B FINISH – B leaves their group and travel to a finishing position.</p>

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. Happy dancing!

	Name ▲	Time	Artist
1	<input checked="" type="checkbox"/> Breiner: Beatles Concerto Gros...	2:19	Peter Breiner: Peter Breiner Chamber Orchestra
2 ●	<input checked="" type="checkbox"/> Calypso Jazz	5:00	B.B. King
3 ●	<input checked="" type="checkbox"/> Cha Cha	4:14	Balkan Beat Box
4	<input checked="" type="checkbox"/> Dance 001 (BPM 120)	6:40	Ciarán Gray
5	<input checked="" type="checkbox"/> Dance 003 (BPM 120)	2:56	Ciarán Gray
6	<input checked="" type="checkbox"/> Dance 004 (BPM 101)	4:23	Ciarán Gray
7 ●	<input checked="" type="checkbox"/> Dance 007 (BPM 115)	2:41	Ciarán Gray
8 ●	<input checked="" type="checkbox"/> Golden Brown	3:30	The Stranglers
9	<input checked="" type="checkbox"/> Memphis Stomp	3:37	Dave Grusin
10	<input checked="" type="checkbox"/> Often a bird	3:49	Wim Mertens
11	<input checked="" type="checkbox"/> Peter Gunn Theme	3:50	The Blues Brothers
12	<input checked="" type="checkbox"/> Pick Up The Pieces	3:59	Average White Band
13	<input checked="" type="checkbox"/> Pukepuke Te Pate	2:40	Te Vaka
14 ●	<input checked="" type="checkbox"/> Quixotomosis	5:01	BRASSOULS
15	<input checked="" type="checkbox"/> Scout	2:09	Calexico
16	<input checked="" type="checkbox"/> Sweet About Me	3:11	Gabriella Cigli
17 ●	<input checked="" type="checkbox"/> Ta Douleur	3:11	Camille
18 ●	<input checked="" type="checkbox"/> Why Can't We Live Together	5:28	Sade