## CREATIVE DANCE WORKSHOP

Tuesday $24^{\text {th }}$ January 2012
St Thomas Snr. NS
Jobstown

|  | MUSIC | ACTIVITY |
| :---: | :---: | :---: |
| WARM UP | Quixtomomosis <br> - Brass Souls | Shake out - arms - $R$ then $L$ up \& side, $R$ then $L$ down \& side; legs $R$ then $L$ front \& side, $R$ then $L$ back \& side <br> 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 <br> Twist on spot - move to right - move back to left |
|  | Ta Douleur Camille | Bounces - 4 to front, to Right, to Back, to Left, Front, Left, Back, Right. (squared figure 8 pattern) |
|  | Golden Brown <br> - Stranglers | Arm swings side to side, Side to side and over the top, arm swings and skip to the side. <br> Twist \& touch hip x 4, <br> twist \& touch shoulder x 4, twist \& reach diagonal x 4, twist \& touch shoulder x 4, <br> twist \& touch hip x 2, 2 and turn to the Right, walk; twist \& touch hip x 2 and turn to Left. |
| TRAVEL | Cha Cha Balkan Beat Box | Walk 2, 3, 4, 5, 6, 7, 8. Freeze for 8. Walk 4, freeze 4. Walk 2, Freeze 2. Move Freeze X 8 times |
|  |  | Walk 2, 3, 4. Smooth 2, 3, 4. <br> Run 2, 3, 4. Drift 2, 3, 4. <br> Elements chosen by drawing words from Action Word list (see website link) |


| CREATE <br> Using Shape Sheet (see website link) <br> PERFORM | Scout Calexico | Dance Boardgame - groups of 3 (up to 5) Each person given a letter A, B etc. Teacher rolls die/dice and calls out number(s). Dancer A chooses where the counter lands on the board. The group then interpret the instruction. Make sure they get maximum out of material and don't just go for quick option. <br> Repeat die throw and B chooses next box to land on. Add this movement element to the first and so on. <br> (More details and suggestions on downloaded board game.) <br> The groups perform for each other and talk about what they saw. |
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| 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? |

## Playlist of music used in session.

| $\checkmark$ | Name | Time | Artist | Album |
| :---: | :---: | :---: | :---: | :---: |
| 1 | Quixotomosis | 5:01 | BRASSOULS | Not Your Ordinary Municipal Brass Band |
| 2 | - Ta Douleur | 3:11 | Camille | BBC Radio 3 - Awards For World Music 2007 (Disc 1) |
| 3 | $\square$ Golden Brown | 3:30 | The Stranglers | Drive Time 4 |
| 4 | $\checkmark$ Cha Cha | 4:14 | Balkan Beat Box | BBC Radio 3 - Awards For World Music 2007 (Disc 1) |
| 5 | - Beatles Concerto Grosso \#1 -( Lady Madonna in the style of Handel) | 2:19 | Peter Breiner: Pe... | Beatles Co Baroque |
| 6 | $\checkmark$ Scout | 2:09 | Calexico | Spoke |
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