CREATIVE DANCE WORKSHOP
Tuesday 24th January 2012
St Thomas Snr. NS Jobstown

	MUSIC	ACTIVITY		
	Quixtomomosis – 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		
		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		
WARM UP	Ta Douleur - Camille	Bounces – 4 to front , to Right, to Back, to Left, Front, Left, Back, Right. (squared figure 8 pattern)		
	Golden Brown - Stranglers	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.		
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.		
		Run 2, 3, 4. Drift 2, 3, 4.		
		Elements chosen by drawing words from Action Word list (see website link)		

CREATE Using Shape		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		
Sheet (see website link)		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		
PERFORM	Scout – Calexico	quick option. Repeat die throw and B chooses next box to land on. Add this movement element to the first and so on. (More details and suggestions on downloaded board game.) The groups perform for each other and talk about what they saw.		
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.

	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	✓ Golden Brown	3:30	The Stranglers	Drive Time 4
4	☑ 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 Go Baroque
6	✓ Scout	2:09	Calexico	Spoke
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