

CREATIVE DANCE WORKSHOP

Wednesday 16th September, 2009
Lucan Educate Together N.S.

	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
	<i>Ta Douleur - Camille</i>	Bounces – 4 to front , to Right, to Back, to Left, Front, Left, Back, Right. (squared figure 8 pattern)
TRAVEL & EXPLORE	<i>Cha Cha – Balkan Beat Box</i>	Walk 2, 3, 4, 5, 6, 7, 8. Freeze for 8. Walk 2, 3, 4. Spin 2, 3, 4. Wriggle 2, 3, 4. Hide 2, 3, 4. <i>Elements chosen by drawing words from Action Word list (see website link)</i>
CROSS THE FLOOR	<i>Pick Up The Pieces – Average White Band</i>	Gesture sequence. Walk 2-3-4. Wait 2, 3, 4. Walk 2-3-4. Where's my keys, oh no. Walk 2-3-4, Hi there, oh no, I can't believe the day I'm having, Big Splash, Brush Brush,
		In groups of 3 – each group gets 2 gesture slips (eg. Eeeuw, chewing gum) and there are 8 beats to be added to previous sequence (the possibility of canon and unison was introduced). There wasn't time today to explore this but there could be attention given to how the members of the group arrange themselves to perform ie. In a line, a circle, triangle, facing in/out etc. Sequences are then performed and time taken to talk about content.

<p>MAKING SHAPES</p> <p>Shape Sheet (see website link)</p> <p>CREATE PERFORM APPRECIATE</p>	<p><i>As Hay In The Sun – Wim Mertens</i></p>	<p>Group of 3 - 5. Each member chooses a <u>different</u> shape. Show them and then find a way to connect them in one shape. Then each member chooses a second shape, also connected and a transition from 1st to 2nd shape is explored/found.</p> <p>The group then travels – away and back; to another place in the space; together or individually – explore possibilities.</p> <p>Whole group then chooses <u>one</u> shape from sheet. All do it and find way to combine in one group shape.</p> <p>Find a movement that seems to come naturally from this position.</p>
		<p>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? Is there a movement or idea they would like to steal and add to their sequence. Time permitting – they might be given a chance to do a final tweak on their piece and perform them en masse.</p>

NUMBER BODY Create Perform Appreciate	<i>Memphis Stomp – Dave Grusin</i> & <i>Simply A – Tommy Hayes</i>	Using the Numberbody picture (see <i>download</i>) Multiplication Tables – take a number sentence $7 \times 4 = 28$ and translate it into a movement sequence. The class can explore this and extend it by putting small movements ‘under the magnifying glass’. If they’re struggling to decide what movements to do they could do a sequence of circle, triangle & square. When each child has made their number sentence they can be grouped in twos or threes and teach their sequence. Groups then perform for each other and comment on what they observed, liked, would like to see developed.
		Alternatively they could take first digit of phone number, use the corresponding body part from the sheet and make a movement which must incorporate a 360° turn. Second digit uses a jump or hop. Third digit uses a level change to floor. Dancer now has a sequence. Decide on where in the room they will perform it. On ‘Go’ they run to that place, perform sequence and freeze. On ‘Go’ again they go to another location and repeat. Class can be divided into A’s B’s and C’s. A performs while B and C watch and then B performs while others watch etc.

Here is a list of the music used in the workshop and some other pieces that you might find useful. Happy dancing!

1	<input checked="" type="checkbox"/> Quixotomosis	5:01	BRASSOULS	Not Your Ordinary Municipal Brass Band
2	<input checked="" type="checkbox"/> Ta Douleur	3:11	Camille	BBC Radio 3 – Awards For World Music 2007 (Disc 1)
3	<input checked="" type="checkbox"/> Why Can't We Live Together	5:28	Sade	Diamond Life
4	<input checked="" type="checkbox"/> Golden Brown	3:30	The Stranglers	Drive Time 4
5	<input checked="" type="checkbox"/> Cha Cha	4:14	Balkan Beat Box	BBC Radio 3 – Awards For World Music 2007 (Disc 1)
6	<input checked="" type="checkbox"/> Pick Up The Pieces	3:59	Average White Band	
7	<input checked="" type="checkbox"/> Peter Gunn Theme	3:50	The Blues Brothers	The Blues Brothers Soundtrack
8	<input checked="" type="checkbox"/> Memphis Stomp	3:37	Dave Grusin	The Firm (Soundtrack from the Motion Picture)
9	<input checked="" type="checkbox"/> Scout	2:09	Calexico	
10	<input checked="" type="checkbox"/> Dance 001 (BPM 120)	6:40	Ciarán Gray	Ciarán Gray's Album
11	<input checked="" type="checkbox"/> Dance 003 (BPM 120)	2:56	Ciarán Gray	Ciarán Gray's Album
12	<input checked="" type="checkbox"/> Dance004 (BPM 101)	4:23	Ciarán Gray	Ciarán Gray's Album
13	<input checked="" type="checkbox"/> Blue Monday	7:24	New Order	Singles
14	<input checked="" type="checkbox"/> Mountains O' Things	4:39	Tracy Chapman	Tracy Chapman
15	<input checked="" type="checkbox"/> Simply A	3:50	Tommy Hayes	Pure Bodhrán 1
16	<input checked="" type="checkbox"/> 38th Street Blues	2:29	B.B. King	Spotlight On Lucille
17	<input checked="" type="checkbox"/> Love Blues	3:04	Various Artists – Shanachie Records	Every Road I Take
18	<input checked="" type="checkbox"/> As hay in the sun	3:51	Wim Mertens	Jardin clos
19	<input checked="" type="checkbox"/> Often a bird	3:49	Wim Mertens	Jardin clos