

## CREATIVE DANCE WORKSHOP

Marino Summer Course

Friday July 4<sup>th</sup>, 2014

|                | MUSIC                                    | ACTIVITY   |
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| <b>WARM UP</b> | <i>Whip It - Devo</i>                    | <p>Step forward Right Left and back R L x 2<br/>Repeat to the Right side;<br/>to the back, to the Left.<br/>Repeat with Left foot leading</p> <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<br/>Claps in 2s high, high, mid, mid, low, low &amp; spin around. X 2 Then single claps - high, high, mid, mid, low, low &amp; spin around. X 2<br/>Twist on spot – move to right – move back to left<br/>Clap over the head; behind the back; under the Right leg; under the Left leg. x 4<br/>Repeat double time speed and rest 2 3 4</p> |
|                | <i>Love Blues</i>                        | <p>Sway to the right 2, 3, 4.<br/>To the front on Right 2, 3, 4.<br/>To the front on Left 2, 3, 4.<br/>To the left 2, 3, 4.<br/>To the back on Left 2, 3, 4.<br/>To the back on Right. 2, 3, 4.<br/>Repeat for 2 beats.</p>  |
|                | <i>Why Can't We Live Together - Sade</i> | <p>Sitting cross legged R leg in front – bow to R and touch head off knee, repeat to L.<br/>Hands reach forward to touch floor (we're not worthy).<br/>Repeat with L leg in front.<br/>Legs stretched in front reach R hand for L big toe, L hand for R big toe.<br/>Elbow to knee in straddle R and L<br/>Big reach behind R and L<br/>Superman Superman swimming<br/>Bow<br/>Pencil roll</p>   |
|                |  | The warmup exercises can be viewed on the video page of the website.   |
|                | <i>Theme from American Beauty</i>        | <p>Body to Body<br/>Walking about the space dancers:-</p> <ul style="list-style-type: none"> <li>- freeze on command.</li> <li>- find another person to reach towards</li> <li>- reach and touch fingertips with one or more persons</li> <li>- connect using named bodyparts eg. elbow to elbow, hip to knee, head to shoulder, back to back, hand to hand</li> </ul>   |

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| <p style="text-align: center;"><b>CREATE</b></p> <p style="text-align: center;"><b>Fantastic<br/>4</b><br/>(sheet on website)</p> | <p style="text-align: center;"><i>Amazon –<br/>M.I.A</i></p> | <p>Travel 2, 3, 4 Switch direction 2 3 4. Repeat a few times with different ways of travelling eg. skipping, hopping, running .</p> <p>Fantastic Four (see Sheet) Then on a call on “ONE” – spin and touch a wrist to an ankle; try this a few times then add next. On a call of “TWO” point towards a high corner of the room with a body part that isn’t a finger eg. elbow; chin; nose; heel etc.</p> <p>Dancers travel about the space and respond to calls of ONE or TWO.</p> <p>Next on “THREE” jump and land facing a different direction, then curl up small.</p> <p>Dancers try out personal versions of this a few times.</p> <p>On “FOUR” – use Fantatic 4 sheet to choose an action.</p> <p>SOLO – dancers decide in which order they want to do these 4 elements.</p> <p>Dancers are broken up into 4 groups W X Y &amp; Z</p> <p>The groups take it in turns to do their phrase.</p> |
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| <p style="text-align: center;"><b>Crossing<br/>the<br/>Floor</b></p> | <p style="text-align: center;"><i>Simply A –<br/>Tommy<br/>Hayes</i></p> | <p>Walk 2 3 4<br/>Step reach NW diagonal step back</p> <p>Walk 2 3 4<br/>Step reach NW diagonal then SE diagonal</p> <p>Walk 2 3 4<br/>Step reach NW diagonal then SE then SW</p> |
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| <p style="text-align: center;"><b>Crossing<br/>the<br/>Floor</b></p> | <p style="text-align: center;"><i>Dance Beats<br/>07</i></p> | Walk 2 3 4 Balance 2 3 4  |
|  |  | Walk 2 3 4 Balance 2 on R Balance 2 on L  |
|  |  | Walk 2 3 4 Balance 2 on R Balance 2 on L<br>Turn 2 3 4  |
|  |  | Walk 2 3 4 Balance 2 on R Balance 2 on L<br>Turn 2 3 4 Reach high Drop low                    |
|  |  | Walk 2 3 4 Balance 2 on R Balance 2 on L<br>Turn 2 Reach high 3 Drop low 4<br>Slowly rise 3 4 |

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| <p><b>DANCE BOARD GAME</b></p> | <p><i>Royals – Lorde</i></p> | <p>Dance Boardgame – groups of 3 (up to 5)<br/> Each person given a letter A, B etc.<br/> Teacher/dancer 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/> Repeat for dancer C and D</p> <p>(More details and suggestions on downloaded board game.)</p> |
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| <p><b>LEARN</b></p> |  | <p>Dancers learn a phrase made up by the teacher:-<br/> Sweep the Right knee in an arc.<br/> Swivel body to the Left<br/> Reach Left Reach Right<br/> Swing arms and skip to the back<br/> Reach high Swivel to the Right<br/> Spin to the Left on left foot<br/> Slap thighs x 2</p> |
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Now that we have explored a number of elements the challenge is to combine them into one complete dance.

That is what the following notes show.

| <b>MAKE A DANCE</b> |  |
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| <b>Section 1</b>    | <p>Dancers are divided into 4 groups W X Y Z</p> <p>They line up opposite each other W X on one side and Y Z on the other.</p> <p>W do walk 2 3 4 and balance</p> <p>Y do walk 2 3 4 and balance</p> <p>W X do walk 2 3 4 and balance</p> <p>Y Z do walk 2 3 4 and balance</p> <p>All groups reach high and fall to floor.</p> |
| <b>Section 2</b>    | <p>Ws do their Fantastic 4 phrase</p> <p>X do their Fantastic 4 phrase then Y, then Z.</p> <p>Ws to their phrase again, this time traveling through the space. Followed by X Y &amp; Z</p>   |
| <b>Travel</b>       | <p>The groups have 2 sets of 8 to get into their Boardgame groups John Paul George Ringo</p>   |
| <b>Section 3</b>    | <p>John and Paul begin the phrase made by A and B using the board game.</p> <p>After 2 sets of 8 George and Ringo begin theirs.</p> <p>It's okay if there is an overlap.</p> <p>When they finish they crouch to the floor.</p>   |
| <b>Section 4</b>    | <p>Choreographed phrase.</p> <p>All the ONE dancers do the phrase.</p> <p>All the ONE &amp; TWO dancers do the phrase.</p> <p>ONE, TWO &amp; THREE do the phrase.</p>  |
| <b>Section 5</b>    | <p>Boardgame phrase made by dancer C, D &amp; E</p>  |
| <b>FINISH</b>       | <p>Group John exits for 2 sets of 8</p> <p>Group Paul exits for 2 sets of 8</p> <p>Group George exits for 2 sets of 8</p> <p>Group Ringo exits for 2 sets of 8</p>   |