

## CREATIVE DANCE WORKSHOP

Tuesday 15<sup>th</sup>, 2011

Coláiste Mhuire, Marino.

	MUSIC	ACTIVITY
<b>WARM UP</b>	<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)
	<i>Golden Brown - Stranglers</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. Walk 2, 3, 4, 5, 6, 7, 8. Do sequence in any part of space. Walk etc. Repeat sequence to other side.
<b>TRAVEL</b>	<i>Cha Cha – Balkan Beat Box</i>	Walk 2, 3, 4, 5, 6, 7, 8. Freeze for 8. Walk 4, freeze 4. Walk 2, freeze 2. Move Freeze X 8 Walk 2, 3, 4. Leap 2, 3, 4. Zig zag 2, 3, 4. Plunge 2, 3, 4.
	<i>Dance Beats 007</i>	Having explored this individually – make groups and make an agreed phrase based on the sequence of action words Walk, leap, zig zag, plunge. Elements chosen by throwing Move Cubes© but could just as easily be decided by drawing words from Action Word list (see website link)
<b>CROSS THE FLOOR</b>	<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, who said that, oh hi Ahhh. Brush brush.
	<i>Scout - Calexico</i>	In groups – make a gesture sequence for 8 beats.. Add 2 gesture phrases from slips of paper to the above gesture sequence. Find a new way of arrange group ie. Circle, square, line opposite line etc. Groups perform for each other – do sequence, short pause and repeat. Alternatively they could do the phrase first time, travel around space and repeat in another part of the hall.

<b>CREATE</b>	<i>Often A Bird – Wim Mertens</i>	Groups of 4 - 6. Each chooses a <u>different</u> shape. Show them and then find a way to connect them in one shape. Whole group chooses <u>one</u> shape from sheet. All do it and find way to combine in one group shape. Move from shape 1 to shape 2 and then back to shape 1.
<b>PERFORM</b>		Travel phrase – group members move from shape 1 and rotate and then back to make final image. Divide group in two. Choose 2 shapes from sheet. Half group does one shape and the other half does the other – combine them in one shape. Find a movement that seems to come naturally in this position.
<b>APPRECIATE</b>		<b>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?</b>

Here is a list of the music used in the workshop and some other pieces that you might find useful. Good luck on teaching practice and get in touch if you have any questions. Ciarán

	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