

CREATIVE DANCE WORKSHOP

Thursday 11th October, 2012
Marino

	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 Shoulder, shoulder, elbow, elbow, arm, arm – forward. Then both back together. Shoulder, shoulder, elbow, elbow, arm, arm – backward. Then both forward together – take this sequence around the room. (see video)
	<i>Ta Douleur - Camille</i>	Bounces – 4 to front , to Right, to Back, to Left, Front, Left, Back, Right. (squared figure 8 pattern) (See video)
	<i>My Baby Just Cares for Me – Nina Simone</i>	Walking and skipping around space. On call of ONE make a letter with whole body. On a call of TWO spin around and hold pose for a few beat. On a call of THREE jump in the air and turn, landing in a Spiderman type pose. Then travelling in space respond to combinations of THREE – ONE – TWO; TWO – ONE – THREE or even TWO – ONE – TWO – THREE etc.

	MUSIC	ACTIVITY
TRAVEL	<i>Cha Cha – Balkan Beat Box</i>	Walk 2, 3, 4, 5, 6, 7, 8. Freeze for 8.(x 1) Walk 4, freeze 4.(x 2) Walk 2, freeze 2.(x 4) Move Freeze (X 8) (Each one is for 16 beats) Explore ways of travelling and involvement of upper body in 4s, 2s. Try changing levels/directions on 1s
PAIR		Action Words – words chosen and added to phrase gradually – TAP; DASH; ZIG-ZAG – repeat a few times and experiment with possible variations. Pair work- Travel 2 3 4 TAP 2 3 4 DASH 2 3 4 ZIG-ZAG 2 3 4. Make a unison phrase. Show the class results 2 – 4 groups at a time.

	MUSIC	ACTIVITY
GROUP	<p><i>Often a bird – Wim Merten</i></p>	Shape sheet
		<p>In groups of 3 - 5 dancers look and try out a few shapes from the sheet. Each member of the group chooses a different shape and with music goes into that shape and holds it. Next the dancers look at the other shapes in their group and find a way to combine them into one group image. The shapes should be connected though not necessarily touching.</p> <p>Try it with the music.</p> <p>From the Shape Sheet dancer chooses a shape for themselves and decides where in the room they're going to perform it. They leave the group and go make their shape. Then return to the group for one more shape</p> <p>Back to the shape sheet and this time everyone in the group does the same shape. After making the shapes connect the group finds a way to move within the shape. They do this for approx. 8 beats and then hold final image.</p> <p>Having created the elements of this dance the group 'walks through' the sequence to make sure everyone is clear. The group then performs the whole sequence. 2 or 3 groups then perform at a time with the rest of the class watching.</p>