

CREATIVE DANCE WORKSHOP

Summer PE course,
Coláiste Mhuire, Marino.
Thursday July 2nd 2009

Activity Colour Code =

Both

Teachers

Children

	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)
	<i>Golden Brown - Stranglers</i>	Arm swings side to side, Side to side and over the top, arm swings and skip to the side. Upper body twist, 1, 2 and turn to the Right, 1, 2 and turn to Left.
	<i>Why Can't We Live Together - Sade</i>	Sitting cross legged R leg in front – bow to R and touch head off knee, repeat to L. Hands reach forward to touch floor (we're not worthy). Repeat with L leg in front. Legs stretched in front reach R hand for L big toe, L hand for R big toe.
TRAVEL	<i>Cha Cha – Balkan Beat Box</i>	Walk 2, 3, 4, 5, 6, 7, 8. Freeze for 8. Walk 2, 3, 4. Freeze 2, 3, 4. Walk 2 Freeze 2
		Pick an action word slip and add to walk. Walk 4; Lie 4; Wobble 4; Explode 4.
		School Group – use cubes with action words (see Action Words webpage) Allow a dancer to roll cube and build up sequence as above using cubes to suggest elements. Walk 4; Jump 4; Zig Zag 4; Drift 4.
CROSS THE FLOOR	<i>Pick Up The Pieces – Average White Band</i>	Gesture sequence. Walk 2-3-4. Oh hi! Who said that, I can just see over (tip toe jump)
CREATE	<i>Peter Gunn Theme – The Blues Brothers</i>	In groups – make a gesture sequence using 2 Gesture Phrase Slips and add to previous learned phrase. Explore how group can arrange itself in space ie. Lines, circle, pairs etc.
PERFORM		4 Groups – 3 sit and watch while each performs.
APPRECIATE		What did you like? What would you like to 'steal'? How would you improve the dance?

ACTIVITIES FOR YOUNGER CLASSES		<p>Jigsaw – In pairs A & B, back to back. A travels in space, swirls around Bs, then returns to A when music stops. B travels and returns. Vary ways of travelling – add in levels, turns, hops & jumps.</p> <p>2 piece jigsaw – face each other and connect. A travels and responds to other ‘B statues’ then returns to B partner. B travels and returns. A travels and returns to different randomly chosen partner. B travels and goes to another partner.</p>
		<p>1-2-3-4 Here we are ... sitting/ balancing/ lying/ crouching on the floor.</p>
		<p>Mirroring – Teacher models mirror work and whole class imitates. In pairs A & B alternate who is leader and who is reflection. Great focus device and wind down activity.</p>

CREATE	<i>As Hay In The Sun – Wim Mertens</i>	<p>Group of 5/6. Each chooses a different shape. Show them and then find a way to connect them in one big shape.</p> <p>Whole group chooses one 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>
PERFORM		<p>Whole Dance = Shape 1 + Drift away + Shape 2 + Move in shape + Final position.</p> <p>4 groups – 2 perform while 2 watch.</p> <p>Neutral position before beginning. Hold final position until music fades and ‘relax’ cue given.</p>
APPRECIATE		<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?</p>

Here is a list of the music used in the workshop and some other pieces that you might find useful. They're all on the CD - Happy dancing!

▶ ▲	Name	Time	Artist	Album	Genre
1	<input checked="" type="checkbox"/> Quixotomosis	5:01	BRASSOULS	Not Your Ordinary Municipal Brass Band	Jazz
2	<input checked="" type="checkbox"/> Ta Douleur	3:11	Camille	BBC Radio 3 – Awards For World Music 2007 (Disc 1)	World
3	<input checked="" type="checkbox"/> Why Can't We Live Together	5:28	Sade	Diamond Life	R&B/Soul
4	<input checked="" type="checkbox"/> Golden Brown	3:30	The Stranglers	Drive Time 4	Rock
5	<input checked="" type="checkbox"/> Cha Cha	4:14	Balkan Beat Box	BBC Radio 3 – Awards For World Music 2007 (Disc 1)	World
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	Blues
8	<input checked="" type="checkbox"/> Memphis Stomp	3:37	Dave Grusin	The Firm (Soundtrack from the Motion Picture)	Soundtrack
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	Alternative
14	<input checked="" type="checkbox"/> Mountains O' Things	4:39	Tracy Chapman	Tracy Chapman	Rock
15	<input checked="" type="checkbox"/> Simply A	3:50	Tommy Hayes	Pure Bodhrán 1	Folk
16	<input checked="" type="checkbox"/> 38th Street Blues	2:29	B.B. King	Spotlight On Lucille	Blues
17	<input checked="" type="checkbox"/> Love Blues	3:04	Various Artists – Shanachie Records	Every Road I Take	Blues
18	<input checked="" type="checkbox"/> As hay in the sun	3:51	Wim Mertens	Jardin clos	Classical
19	<input checked="" type="checkbox"/> Often a bird	3:49	Wim Mertens	Jardin clos	Classical