

CREATIVE DANCE WORKSHOP

Our Lady of Good Counsel, Drimnagh

April 29th, 2014

	MUSIC	ACTIVITY
WARM UP	<i>Quixtomomosis</i> – <i>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>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
		The warmup can be viewed on the video page of the website.
CREATE	<i>Johnny Got a Boom Boom – Imelda May</i>	Travel 2, 3, 4 Switch direction 2 3 4. Repeat a few times with different ways of travelling eg. skipping, hopping, running . 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. Dancers travel about the space and respond to calls of ONE or TWO. Next on “THREE” jump and land facing a different direction, then curl up small. Dancers try out personal versions of this a few times. (We only did three of the four ‘fantastic’ elements)
PERFORM		Get into pairs/threes/fours and decide on an order for these 3 elements. Put the three in a sequence which will be performed by the dancers in unison.
APPRECIATE		To add a bit of interest the group repeats some or all of their phrase but this time in canon with individuals or pairs following each other through the sequence. Groups 1 and 4 perform their dance watched by 2, 3 and 5. then they watch as others perform their phrase.

<p>CREATE</p> <p>Using Shape Sheet (see website link)</p>	<p><i>Ashokan Farewell</i></p>	<p>Group of 4/5. Each chooses a <u>different</u> shape. Show them and then find a way to connect them in one shape.</p> <p>Whole group chooses <u>one</u> shape from sheet. All do it and find way to combine in one group shape.</p>
<p>PERFORM</p>		<p>Dancers find a movement that seems to come naturally in this position and perform that movement.</p> <p>Divide group in two. Choose 2 shapes from sheet.</p> <p>Half group does one shape and the other half does the other – combine them in relation to each other.</p>
<p>APPRECIATE</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?</p>