

CREATIVE DANCE WORKSHOP

Our Lady of Good Counsel, Drimnagh

May 6th , 2014

| | MUSIC | ACTIVITY |
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| 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>Ta Douleur - Camille</i> | Bounces – 4 to front , to Right, to Back, to Left, Front, Left, Back, Right. (squared figure 8 pattern) |
| | | 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. |

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| CREATE (using Action Words sheet from website) | <i>Cha Cha – Balkan Beat Box</i> | Travel 2, 3, 4 Switch direction 2 3 4. Repeat a few times with different ways of travelling eg. skipping, hopping, running . Then get a dancer to choose an Action Word and add that to phrase. Allow a few goes to explore then get a dancer to choose another word from ACTION WORDS (sheet on website resources). Eventually we got TRAVEL for 4; SKIP for 4; ZIG ZAG for 4; SPREAD for 4. Teacher can preset which Action Words are on offer in order to control the movements explored. Dancers explore this a few times as a solo. Then break into groups of 3 or 4 and set a sequence doing the Action Words in original order. Alternatively, dancers could rearrange elements to their own order eg. SKIP/SPREAD/ZIG ZAG/TRAVEL Dancers perform these in groups simultaneously. Then some groups perform while others watch and alternate. |
| PERFORM | | |
| APPRECIATE | | |

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| CROSS THE FLOOR | <i>Pick Up The Pieces – Average White Band.</i> | <p>Gesture sequence.</p> <p>Walk 2-3-4. Wait 2, 3, 4. – to begin.</p> <p>Walk 2-3-4. Where's my keys, oh no.</p> <p>Who said that, Oh hi!</p> <p>Big Splash jump, Brush water off</p> <p>(List of gesture phrases on Website resource list or make up your own.)</p> |
| | <i>Peter Gunn Theme – The Blues Brothers</i> | <p>In groups – add two gestures to the sequence for 8 beats eg. I'm warning you/Atchoo. Avoid a lot of repetition of one movement. Find a new way to arrange group ie. Circle, square, line opposite line etc.</p> <p>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.</p> |

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| CREATE | <i>M.I.A – Amazon</i> | <p>Dance Boardgame – groups of 3 (up to 5)</p> <p>Each person given a letter A, B etc.</p> <p>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.</p> <p>Repeat die throw and B chooses next box to land on. Add this movement element to the first and so on.</p> <p>(More details and suggestions on downloaded board game.)</p> <p>The groups perform for each other and talk about what they saw.</p> |
| Using Dance Boardgame (see website link) | | |
| PERFORM | | <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> |
| APPRECIATE | | |