

CREATIVE DANCE WORKSHOP

Emphasis: Flexibility and Posture

Saturday 2nd March, 2013

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>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. 2 groups A and B. Group A does Swing and skip to the Right then Twist and turn to the Left x 2 then run off. Group B run on and do same sequence then run off while Group A run on and do Left side. They run off when finished and Group B run on and do Left side. (see video)
	<i>Why Can't We Live Together - Sade</i>	Seated in a cross legged position try to achieve a long backed posture. Use tug on hair to give feeling on 'upness' through the spine. Rotate gently and curve spine to touch forehead off knees. Repeat other side. Extend legs and with feet against 'glass wall' try touching R hand off L big toe and repeat on other hand/side. Legs in a V position touch R elbow off L knee and repeat other side. Pull in right leg and stretch back and high in balance. Repeat other side. (see video)

	<p><i>Johnny Got a Boom Boom</i> - Imelda May</p>	<p>Fantastic 4 – Dancers travel about space. On cue of “ONE” called out dancers spin in a direction of their choice and finish in a balance on one foot. On cue of “TWO” dancers jump back and land in a curved position. On a cue of “THREE” dancers reach L hand across their body and then R hand across body. On a cue of “FOUR” dancers jump and turn in the air, landing in a crouch.</p>
--	---	---

	MUSIC	ACTIVITY
<p>CREATE</p> <p>3 PAIR TRAVEL PHRASE</p>	<p><i>Kansas City Hornpipe</i> - Fred Morrison</p>	<p>Each group or pair is given an action card of paired actions. Create an 8 beat phrase WALK/TURN - CROUCH/RISE BALANCE/STEP HOP when the phrases have been made then the groups decide what order to put them in.</p> <p>Once the phrase has been made then the posture and body alignment of the dancers can be addressed and adjusted.</p>

<p>CREATE</p> <p>Using Shape Sheet (see website link)</p>	<p><i>Often A Bird – Wim Mertens</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. 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>Travel phrase – Using the phrase created above to separate the two shape sections.</p> <p>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. Dancers find a movement that seems to come naturally in this position and perform that movement.</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>

MUSIC

Here is a list of the music used in the workshop and that you might find useful.

Dance IPPEA 2013 ▶ 🔊					
10 songs, 44 minutes					
▲	✓	Name	Time	Artist	Album
1	✓	Quixotomosis	5:01	BRASSOULS	Not Your Ordinary Municipal Brass Band
2	✓	Golden Brown	3:30	The Stranglers	Drive Time 4
3	✓	Blue Monday	7:24	New Order	Singles
4	✓	Johnny Got a Boom Boom	2:59	Imelda May	Love Tattoo
5	✓	Kansas City Hornpipe	4:49	Fred Morrison	Outlands
6	✓	Mountains O' Things	4:39	Tracy Chapman	Tracy Chapman
7	✓	Often a bird	3:49	Wim Mertens	Jardin clos
8	✓	Ta Douleur	3:11	Camille	BBC Radio 3 - Awards For World Music 2007 (Disc 1)
9	✓	Whistlin'past The Graveyard	3:18	Tom Waits	Blue Valentine
10	✓	Why Can't We Live Together	5:28	Sade	Diamond Life

This link will bring you to Dropbox where you can download the music used.

<https://www.dropbox.com/sh/s3ktxhkio6llb22/AmwPqIHKQA>

Click on the name of the song to download.

[Blue Monday.mp3](#)

Click on the speaker symbol to listen to the track.

