

CREATIVE DANCE WORKSHOP

Tuesday 17th, 2011

Coláiste Mhuire, 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
	<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. 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. Walk 2, 3, 4, 5, 6, 7, 8. Do sequence in any part of space. Walk etc. Repeat sequence to other side.
TRAVEL	<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 Walk 2, 3, 4. Reach 2, 3, 4. Grow 2, 3, 4. Whip 2, 3, 4.
	<i>Dance Beats07</i>	Having explored this individually – make groups and make an agreed phrase based on the sequence of action words Travel, reach, grow, whip. Elements chosen by throwing Move Cubes© but could just as easily be decided by drawing words from Action Word list (see website link)

<p style="text-align: center;">CREATE</p>	<p style="background-color: yellow;"></p>	<p>Our House</p> <ol style="list-style-type: none"> 1. Choose a relaxing place in your house and show a physical picture of you in that place. 2. Think of a room and an activity that you do there. Make a gesture based on that activity. Enlarge and distort the gesture into a short dance phrase Activity 1. 3. Think of a piece of furniture in a particular room and in groups of 3 – 5 use your bodies to make the piece of furniture. 4. As a group come out of the furniture and a) make a group movement phrase using the Activity 1 gesture or b) Make a movement phrase using the Alfabod sheet to spell the name of the piece of furniture. 5. Think of 3 different rooms in the house and make a still image of you doing an activity particular to that room. Practice going from image 1 to 2 to 3. Look at the transition between each, then explore and develop the scope and dynamics of these transitions.
<p style="text-align: center;">PERFORM</p>		<p>The Dance – Chilled out pose – Activity 1 Phrase – travel – Activity 1 Phrase – Furniture – Group movement phrase – 3 Rooms, X then Y then Z then X, Y, Z together. Return to Chilled out pose.</p>
<p style="text-align: center;">APPRECIATE</p>		<p>We didn't really give any time to watching and discussing each other's work but I would strongly encourage this as a part of workshops. Ask dancers to spot things they like and dislike. Look for things they would change/improve in people's work. Look for things they would like to steal/incorporate into their phrases.</p>

