

## CREATIVE DANCE WORKSHOP

**Thursday 3<sup>rd</sup> March, 2011**  
**St. Martin de Porres, Aylesbury, Tallaght.**

	MUSIC	ACTIVITY
<b>WARM UP</b>	<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.
	<i>Ta Douleur - Camille</i>	Bounces – 4 to front , to Right, to Back, to Left, Front, Left, Back, Right. (squared figure 8 pattern) Arm swings R fwd/L back, L fwd/R back x 4; full circle.
<b>TRAVEL</b>	<i>Cha Cha – Balkan Beat Box</i>	Walk 2, 3, 4, 5, 6, 7, 8. Freeze for 8.(x 1) Walk 4, freeze 4.(x 2) Walk 2, freeze 2.(x 4) Move Freeze (X 8) (Each one is for 16 beats)
	<i>Lady Madonna - (Beatles Go Baroque) Dance Beats 07</i>	Second phase - walk 4 close 4 grow 4 gallop 4 Development – after exploring the walk, close, grow, gallop as a solo then make pairs or trios and each group decides on a way of interpreting the phrase together. Also you might develop the travelling section so that the walk becomes runs, skips or hops.
<b>CROSS THE FLOOR</b>	<i>Pick Up The Pieces – Average White Band.</i>	Gesture sequence. Walk 2-3-4. Wait 2, 3, 4. – to begin. Walk 2-3-4. Where's my keys, oh no. Who said that, Wow! I'm warning you. (List of gesture phrases on Website resource list or make up your own.)
	<i>Peter Gunn Theme – The Blues Brothers</i>	In groups – add two gestures to the sequence for 8 beats eg. Umbrella up/Atchoo. Avoid a lot of repetition. Find a new way of arrange group ie. Circle, square, line opposite line etc. 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.

<b>CREATE</b>	<i>Often A Bird – Wim Mertens</i>	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.
<b>PERFORM</b>		Travel phrase – group members move away from group and turn before making final image. 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. Find a movement that seems to come naturally from this position.
<b>APPRECIATE</b>		<b>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?</b>

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

	Name ▲	Time	Artist
1	<input checked="" type="checkbox"/> Breiner: Beatles Concerto Gros...	2:19	Peter Breiner: Peter Breiner Chamber Orchestra
2	<input checked="" type="checkbox"/> Cha Cha	4:14	Balkan Beat Box
3	<input checked="" type="checkbox"/> Dance 001 (BPM 120)	6:40	Ciarán Gray
4	<input checked="" type="checkbox"/> Dance 003 (BPM 120)	2:56	Ciarán Gray
5	<input checked="" type="checkbox"/> Dance 004 (BPM 101)	4:23	Ciarán Gray
6	<input checked="" type="checkbox"/> Dance 007 (BPM 115)	2:41	Ciarán Gray
7	<input checked="" type="checkbox"/> Golden Brown	3:30	The Stranglers
8	<input checked="" type="checkbox"/> Memphis Stomp	3:37	Dave Grusin
9	<input checked="" type="checkbox"/> Often a bird	3:49	Wim Mertens
10	<input checked="" type="checkbox"/> Peter Gunn Theme	3:50	The Blues Brothers
11	<input checked="" type="checkbox"/> Pick Up The Pieces	3:59	Average White Band
12	<input checked="" type="checkbox"/> Pukepuke Te Pate	2:40	Te Vaka
13	<input checked="" type="checkbox"/> Quixotomosis	5:01	BRASSOULS
14	<input checked="" type="checkbox"/> Scout	2:09	Calexico
15	<input checked="" type="checkbox"/> Sweet About Me	3:11	Gabriella Cigli
16	<input checked="" type="checkbox"/> Ta Douleur	3:11	Camille
17	<input checked="" type="checkbox"/> Why Can't We Live Together	5:28	Sade