

## CREATIVE DANCE WORKSHOP

**Monday 28<sup>th</sup> February, 2011**  
**St. Patrick's College, Drumcondra.**

	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
	<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. 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.
	<i>Why Can't We Live Together - Sade</i>	Sitting cross legged R leg in front and long backed. Curl spine down and head towards right 4 beats. Curl up 4. Repeat to L. Repeat in centre, placing hands on the floor. Cross legs with L in front and repeat sequence. Sitting in V position – R elbow to L knee and L elbow to R knee.

<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)
		<p>Second phase - walk 4 spiral 4 pounce 4 reach 4 (please note that the words on the cubes are available on the Action Words download. They can be held like playing cards and a child picks one rather than using the cubes to randomly choose words.)</p> <p>Development – after exploring the walk, spiral, pounce, reach 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.</p>
<b>CROSS THE FLOOR</b>	<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 Wipe Wipe</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. Umbrella up/Atchoo. Avoid a lot of repetition. Find a new way of 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>
<b>Push Pull Melt</b>	<i>Lady Madonna - (Beatles Go Baroque)</i>	<p>Making shapes - in 3s Push in 7s or 8s Pull in 4s or 5s Melt.</p> <p>When the three shapes have been made then the dancers are to move silently and with a clear sense of purpose from one to the other. The teacher may call the shape or a sequence might be pre-decided eg. Push Melt Pull Melt Push</p>

<b>CREATE</b>	Memphis Stomp – <i>Dave Grusin</i>  Dance Beats 07	<b>Number body</b> – solo - phone number 3 or 4 digits (Memphis Stomp) Group – take two number sentences from multiplication tables and create a phrase.
<b>PERFORM</b>		
<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>

<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 around and away from group 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>

