

CREATIVE DANCE WORKSHOP

Friday 27th March, 2009
St. Patrick's College, Drumcondra.

	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. Upper body twist, 1, 2 and turn to the Right, 1, 2 and turn to Left.
	<i>Why Can't We Live Together - Sade</i>	Sitting cross legged R leg in front – bow to R and touch head off knee, repeat to L. Hands reach forward to touch floor (we're not worthy). Repeat with L leg in front. Legs stretched in front reach R hand for L big toe, L hand for R big toe.
TRAVEL	<i>Cha Cha – Balkan Beat Box</i>	Walk 2, 3, 4, 5, 6, 7, 8. Freeze for 8. Walk 2, 3, 4. Run 2, 3, 4. Balance 2, 3, 4. Dart 2, 3, 4.
		Elements chosen by throwing Move Cubes© but could just as easily be decided by drawing words from Action Word list (see website link)
CROSS THE FLOOR	<i>Pick Up The Pieces – Average White Band</i>	Gesture sequence. Walk 2-3-4. Wait 2, 3, 4. Walk 2-3-4. Where's my keys, oh no. Walk 2-3-4, Hi there, oh no, Big Splash, Brush Brush, Come On turn front.
	<i>Peter Gunn Theme – The Blues Brothers</i>	In groups – make a gesture sequence for 8 beats. Avoid a lot of repetition. Get at least 3 gestures into the 8 beats. Add to the above gesture sequence. 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.

Tai Chi	<i>Mountains of Things - Tracy Chapman</i>	Push the drawer, pull aside the curtain, shake out the cloth, take the big ball and swivel 180°, fix the towel on L and R arm. Lower arms and repeat until back to first direction.
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CREATE Using Shape Sheet (see website link)	<i>Often A Bird – Wim Mertens</i>	Group of 6. Each chooses a <u>different</u> shape. Show them and then find a way to connect them in one shape.
PERFORM		Whole group chooses <u>one</u> shape from sheet. All do it and find way to combine in one group shape. Find a movement that seems to come naturally from this position.
APPRECIATE		Divide group in two. Choose 2 shapes from sheet. Half group does one shape and the other half does the other – combine them. 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?

NUMBER BODY	<i>Memphis Stomp – Dave Grusin</i>	<p>Using the Numberbody picture (see download) take a mobile phone number 087 – this gives a sequence of head, knee, hip. The class can explore this and extend it by putting small movements ‘under the magnifying glass’. If they’re still struggling they could do a sequence of circle, triangle & square or even the first three letters of their name. Next take first digit of phone number and make a movement which must incorporate a 360° turn. Second digit uses a jump or hop. Third digit uses a level change to floor. Dancer now has a sequence. Decide on where in the room they will perform it. On ‘Go’ they run to that place, perform sequence and freeze. On ‘Go’ again they go to another location and repeat. Class can be divided into A’s B’s and C’s. A performs while B and C watch and then B performs while others watch etc.</p> <p>Multiplication Tables – take a number sentence $9 \times 4 = 36$ and translate it into a movement sequence.</p>
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Here is a list of the music used in the workshop and some other pieces that you Might find useful. Happy dancing!

1	<input checked="" type="checkbox"/> Quixotomosis	5:01	BRASSOULS	Not Your Ordinary Municipal Brass Band
2	<input checked="" type="checkbox"/> Ta Douleur	3:11	Camille	BBC Radio 3 – Awards For World Music 2007 (Disc 1)
3	<input checked="" type="checkbox"/> Golden Brown	3:30	The Stranglers	Drive Time 4
4	<input checked="" type="checkbox"/> Why Can't We Live Together	5:28	Sade	Diamond Life
5	<input checked="" type="checkbox"/> Love Blues	3:04	Various Artists – Shanachie Records	Every Road I Take
6	<input checked="" type="checkbox"/> Pick Up The Pieces	3:59	Average White Band	
7	<input checked="" type="checkbox"/> Cha Cha	4:14	Balkan Beat Box	BBC Radio 3 – Awards For World Music 2007 (Disc 1)
8	<input checked="" type="checkbox"/> Often a bird	3:49	Wim Mertens	Jardin clos
9	<input checked="" type="checkbox"/> Peter Gunn Theme	3:50	The Blues Brothers	The Blues Brothers Soundtrack
10	<input checked="" type="checkbox"/> Memphis Stomp	3:37	Dave Grusin	The Firm (Soundtrack from the Motion Picture)
11	<input checked="" type="checkbox"/> Scout	2:09	Calexico	
12	<input checked="" type="checkbox"/> Dance 001 (BPM 120)	6:40	Ciarán Gray	Ciarán Gray's Album
13	<input checked="" type="checkbox"/> Dance 003 (BPM 120)	2:56	Ciarán Gray	Ciarán Gray's Album
14	<input checked="" type="checkbox"/> Dance004 (BPM 101)	4:23	Ciarán Gray	Ciarán Gray's Album
15	<input checked="" type="checkbox"/> Blue Monday	7:24	New Order	Singles
16	<input checked="" type="checkbox"/> Mountains O' Things	4:39	Tracy Chapman	Tracy Chapman
17	<input checked="" type="checkbox"/> Simply A	3:50	Tommy Hayes	Pure Bodhrán 1
18	<input checked="" type="checkbox"/> Sweet About Me	3:11	Gabriella Cigli	
19	<input checked="" type="checkbox"/> 38th Street Blues	2:29	B.B. King	Spotlight On Lucille