

CREATIVE DANCE WORKSHOP

Monday 8th , 2010
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.					
TRAVEL	<i>Cha Cha – Balkan Beat Box</i>	Walk 2, 3, 4, 5, 6, 7, 8. Freeze for 8. Walk 2, 3, 4. Drift 2, 3, 4. Open 2, 3, 4. Fall 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)					
Trios		Resource sheet gives sequences.					
		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">1. Look Right</td> <td style="width: 50%;">1. Throw a ball</td> </tr> <tr> <td>2. Circle left shoulder</td> <td>2. Jump a half turn</td> </tr> <tr> <td>3. Drop to ground</td> <td>3. Shuffle backwards</td> </tr> </table>	1. Look Right	1. Throw a ball	2. Circle left shoulder	2. Jump a half turn	3. Drop to ground
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CROSS THE FLOOR	<i>Pick Up The Pieces – Average White Band.</i> <i>Whistlin' Past The Graveyard- Tom Waits</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, who said that, wow I'm warning you, Big Splash, Brush Brush,					
	<i>Peter Gunn Theme – The Blues Brothers</i>	In groups – make a gesture sequence for 16 beats. Avoid a lot of repetition. Get at least 4 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.					

<p>CREATE</p> <p>Using Shape Sheet (see website link)</p>	<p><i>Often A Bird – Wim Mertens</i></p>	<p>Group of 6. Each chooses a <u>different</u> shape. Show them and then find a way to connect them in one shape.</p>
<p>PERFORM</p>		<p>Whole group chooses <u>one</u> shape from sheet. All do it and find way to combine in one group shape.</p> <p>Find a movement that seems to come naturally from this position.</p> <p>Travel phrase – group members move away and then back to make final image.</p> <p>Divide group in two. Choose 2 shapes from sheet.</p> <p>Half group does one shape and the other half does the other – combine them.</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>

<p>Learned sequence</p>	<p><i>Time 4Time- Nigel Kennedy & Kroke</i></p>	<p>Group is taught a sequence which plays with idea of pointing to various points on the clock face ie. 5 to; 5 past; 25 to; 25 past.</p>
<p>Group Work</p>		<p>In pairs make a sequence based on the ideas of clocks and telling the time. Pairs get together with other pairs and teach each other. Perform 4-person sequence.</p>
<p>NUMBER BODY</p>		<p>Using the Numberbody picture (see download) take dates of birth and translate into bodypart sequence– 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.</p> <p>In pairs, A and B, dancers begin a ‘conversation’ alternating back and forth with the sequence they have made.</p>

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