

CREATIVE DANCE WORKSHOP

Monday 15th , 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 4, freeze 4. Walk 2, freeze 2. Move Freeze X 8 Walk 2, 3, 4. Stride 2, 3, 4. Pounce 2, 3, 4. Crawl 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, who said that, wow I'm warning you,
	<i>Peter Gunn Theme – The Blues Brothers</i>	In groups – make a gesture sequence for 16 beats. Avoid a lot of repetition. Get several gestures into the 16 beats. Add gesture phrase from slip of paper 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.

CREATE	<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. 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. Travel phrase – group members move away and then back or move about their space 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.
PERFORM		
APPRECIATE		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?

The Listeners By Walter de la Mare	<i>No music</i>	Read the poem. Look for two possible images and one movement that the content of the poem suggests. Discuss what you have in mind with group. Put the image & movement on the floor.
		These image/movements were then performed in a clockwise sequence, each new one beginning as the previous ended.
		Possible development – groups could teach other groups their sequence so that each then has twice as much material. Having viewed all the phrases* the class might choose a moment from a phrase which would become a repeatable motif* for the whole group.

On The Ning Nang Nong By Spike Milligan		This simpler fun poem contains plenty of onomatopoeia and rhythm. ie. Boo! Clang! Jibber, jabber joo. The same approach as above – pick words or phrases that suggest images or movements. Don't allow use of the whole poem, just a phrase or two. The poem could be recited by the teacher or a group of children while a group performs their dance. Or, the dance could be the thing and no accompaniment used. Endless possibilities ... well, several.
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**phrase* – a dance phrase is a series of movements which can be repeated.

**motif* – a short movement, shape or pattern

Here is a list of the music used in the workshop and some other pieces that you might find useful. Happy dancing!

	Name	Time	Artist	Album
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"/> Why Can't We Live Together	5:28	Sade	Diamond Life
4	<input checked="" type="checkbox"/> Golden Brown	3:30	The Stranglers	Drive Time 4
5	<input checked="" type="checkbox"/> Cha Cha	4:14	Balkan Beat Box	BBC Radio 3 – Awards For World Music 2007 (Disc 1)
6	<input checked="" type="checkbox"/> Pick Up The Pieces	3:59	Average White Band	Drive Time 4 [Disc 1]
7	<input checked="" type="checkbox"/> Peter Gunn Theme	3:50	The Blues Brothers	The Blues Brothers Soundtrack
8	<input checked="" type="checkbox"/> Memphis Stomp	3:37	Dave Grusin	The Firm (Soundtrack from the Motion Picture)
9	<input checked="" type="checkbox"/> Scout	2:09	Calexico	Spoke
10	<input checked="" type="checkbox"/> Dance 001 (BPM 120)	6:40	Ciarán Gray	Ciarán Gray's Album
11	<input checked="" type="checkbox"/> Dance 003 (BPM 120)	2:56	Ciarán Gray	Ciarán Gray's Album
12	<input checked="" type="checkbox"/> Dance004 (BPM 101)	4:23	Ciarán Gray	Ciarán Gray's Album
13	<input checked="" type="checkbox"/> Blue Monday	7:24	New Order	Singles
14	<input checked="" type="checkbox"/> Mountains O' Things	4:39	Tracy Chapman	Tracy Chapman
15	<input checked="" type="checkbox"/> Simply A	3:50	Tommy Hayes	Pure Bodhrán 1
16	<input checked="" type="checkbox"/> 38th Street Blues	2:29	B.B. King	Spotlight On Lucille
17	<input checked="" type="checkbox"/> Love Blues	3:04	Various Artists – Shanachie Records	Every Road I Take
18	<input checked="" type="checkbox"/> As hay in the sun	3:51	Wim Mertens	Jardin clos
19	<input checked="" type="checkbox"/> Often a bird	3:49	Wim Mertens	Jardin clos

Thanks again for your enthusiastic investment in the workshop I enjoyed working with you very much. And , remember to give me a shout if you would like any advice or help.

Cheers.

Ciarán