



CHOREOGRAPHY PACK

We hope the following pack helps you on your choreographic journey ... and remember if you are stuck just ask!

Module 1 – The History of Dance

There is a lot of information out there, so we want you to do a little research on where dance all started...

There are lots of documentaries so have a look on YouTube and online for example –

www.wikipedia.com

www.dancefact.net

www.youtube.com

Can you provide 5 interesting fact you learned through your research, make sure these are as detailed as possible, feel free to use extra sheets of paper or type them up on a laptop/tablet/phone

Module 2 – Research a Choreographer

There are many influential people within the world of dance, Martha Graham in particular ...

1. Can you do some research on **Martha Graham**, focusing on who she was, who influenced her as well as how she influenced dance
2. Repeat this exercise on another influential practitioner from the list below –
Matt Mattox, Isadora Duncan, Merce Cunningham
(Students 12+ can chose to look at **Bob Fosse**, however we suggest perhaps choosing someone you have never heard of)

NOTE 1 – while doing your research if there is a name, term or anything mentioned you don't know, never heard of or aren't sure of please research it.

NOTE 2 – We know research can seem boring and daunting however make it fun and make it work for you... if your someone who is good at writing essays and learns better reciting facts, GREAT... do that! If not try making up flash cards or a power point presentation... maybe a mind map!

Module 1 & 2 will probably take the longest to fully complete so we will discuss findings nearer the end of the Choreography Unit. However please do not leave it until then to do, knowing this information will be exceptionally beneficial to you as you go through this pack so keep working on these throughout.

Module 3 – The 6 Basic Dance Actions

The following considered the 6 basic actions of dance which will help you create your own piece of choreography. Each week we will focus on a specific dance action and learn 2/3 different examples.

You will also be required to research 3 of your own note them down under the EXAMPLE section

Travelling - A part in a dance in which the dancer moves from one place to another

Examples – Padebure, Slide, Walk, Run, Gallop, Skip, Roll, Crawl, Drag Runs

Gestures - A part of the body that moves but no weight is on that body part

Examples - Points, Kicks, Arm Movements, Reaches, Head Rolls, Isolations (E.g. Hip & Rib)

Turning - A movement of the whole body which goes around its vertical axis or changes direction

Examples – Pirouettes, Axel, Pencil, Barrel Roll, Chaînés, Fouetté, Piqué, Illusion, A Rotate, Revolve, Cartwheel, Pivot, Half/Full Turn, Twirl

Stillness - A part of a dance where a performer does not move. However, they may be held in a certain position

Examples - Balance, Arabesque, Pose and Pause.

Elevation (Jumps) - A movement in a dance where all body parts are off the floor at the same time. There is no support to the dancer

Examples – Stright, Leap, Stag, Box, Centre, Toe Touch, Jumps, Hops, Assembles, Sissonnes and many many more....

Falling - An action in which gravity pulls the body downwards. Might fall to floor, might not

Examples - Drop, Tumble, Dive, Collapse, Sprawl, Sink, Slump and Topple

There will additional information provided for this when we reach this section

If we combine all 5 it is easy to see a dance being created: **EXAMPLE ONLY**

1. Start with walking
2. Add a turn
3. Freeze
4. Jump
5. Gesture, by taking your hand to your mouth
6. Sink to the floor

Module 4 – Choreograph a Solo

Now you understand the 6 basic dance actions, you can use all you have learned to create your own piece of choreography.

Do not focus on specific music just yet, please don't chose a song and then create your piece

Create your piece to counts (if you do not understand this concept please ask one of your teachers) using a minimum of 2 basic dance actions – 2 Turns, 2 Jumps, 2 Travelling steps, 2 Falls, 2 points of Stillness & 2 Gestures. If you wish to use more, please do.

You can out these in any order you wish so get creative and remember we are here to help if you get stuck!

Module 5 – Directions & Facing

Lets see how we can take the piece you have created and take it one step further...

DIRECTIONS AND FACING

Right and Left, Backwards, Forwards, Up, Down and Diagonal

SIZE

Huge, Big, Medium, Small, Tiny

LEVELS

High, Medium, Low

TIMING

Fast, Medium, Slow To time with the music, half time or adding 'ands' or 'and a' to vary the timing of the choreography

SPACE

Personal Space – Circumference of the arms

General Space – The room, corners, sides, middle ect.

PATTERNS AND SHAPES (This is mainly used in choreography with more than one dancer)

Square, Triangle, Circle, Zig Zag, Decreasing circles + Increasing circles, Lines, Letters, Groups, Snakes Useful Tool Cannon - Mexican wave - One after each other Remember it could also be one group after each other.

Module 6 – Visual Quality

Complete the following worksheet to connect the words with their meaning –

Strong	cause or make a sudden quick movement
Light	able to be easily modified to respond to altered circumstances
Sudden	an act or instance of applying force or weight to something
Sustained	Bright/Not heavy
Wringing	Squeeze and Twist
Direct	continuing for an extended period or without interruption
Flexible	move with a smooth, quiet continuous motion
Thrusting	extending/moving from one place to another without changing direction or stopping
Slashing	move or hover slowly and lightly
Floating	occurring or done quickly and unexpectedly or without warning
Glide	a wide, sweeping movement
Pressing	the motion of pushing or lunging suddenly or violently
Flicking	Having power

Words to assist in creating visual quality:

RISING

COLLAPSE

SINKING

HOVER

DODGING

HOLD

DARTING

PERCH

LEAPING

PAUSE

MEETING

STOP

PARTING

STAY

CREEP

LINGER

CROUCHING

RESTING

STRETCHING

TWISTING

STALLING

OPENING

POUNCING

CLOSING

WAIT

EXPLODING

SETTLE

SPRINGING

FREEZE

BOUNCING

WOBBLE

BUMPY

CROOKED

ENERGETIC

ENORMOUS

FRIZZY

ITCHY

JAGGED

JITTERY

WHIRLWIND

WHILTED

WRITHING