



# CHOREOGRAPHY MODULE Primary Resource

Eastern Region Dance Coaching Clinics  
2018

**Sydney Catholic Schools Performing Arts**

[caspaonline.com.au](http://caspaonline.com.au)  
[sydcatholicschools.nsw.edu.au](http://sydcatholicschools.nsw.edu.au)



Sydney Catholic Schools  
INSPIRING SPIRITS AND MINDS

# WARM - UP

A safe dance warm up is crucial before engaging in any dance workshop to prepare the body and mind for the task. Warm up is important to prevent injury, raise the heart rate and allow oxygen to reach the muscles, enhancing muscle contraction and preventing muscle soreness. An effective warm up enhances the range of movement and can contribute to the development of core body skills:

- Flexibility
- Coordination
- Stamina
- Balance
- Strength



Created by Jeevan Kumar  
from Noun Project

# Types of Warm Up

## Locomotor:

### Cardiovascular warm up

- Travelling movements through TIME and SPACE exploring LEVEL, DIRECTION, SHAPE, PATHWAY and TEMPO. Can be done with or without music to raise the heart rate.

## Isolation:

### Strength and conditioning

- Isolation of body parts from head to toe manipulating the body in various directions (left, right, forwards, backwards, up, down) and tempos through repetition. Targets various muscle groups to promote core body skills.



# 2018 Warm Up Resource





# Dance Styles: Contemporary Lyrical

- Modern dance pioneers of the 20<sup>th</sup> century deviated from popular dance styles such as ballet and jazz to create expressive movement that exists in the moment. Over the years a fusion of dance has merged styles to produce other hybrid versions known as modern and lyrical. Some common characteristics of both include contraction and release, rise and fall, fluidity using the body and gravity and improvisation. It relies on a strong technique and core.

# LYRICS

## Youth by Shawn Mendes

Here I am, stuck on this couch  
Scrolling through my notes  
Heart was broken, still not growing, nah  
Waking up to headlines  
Filled with devastation again  
My heart is broken  
But I keep going  
Pain, but I won't let it turn into hate  
No, I won't let it change me  
Never losing sight of the one I keep  
inside  
Now, I know it  
Yeah, I know it

### CHORUS:

You can't take my youth away  
This soul of mine will never break  
As long as I wake up today  
You can't take my youth away  
You can't take my youth away  
This soul of mine will never break  
As long as I wake up today  
You can't take my youth away  
You can't take my youth away



# 2018 Contemporary Choreography





# Dance Styles: Jazz

- Jazz incorporates a broad range of dance styles originating from Afro American dance requiring the dancer to be highly skilled. It usually parallels popular music of the time. Fusions of this style include funk and hip - hop. Some characteristics of jazz include power, technique, strong lines, confidence and style.

# LYRICS

## Made For Now by Janet Jackson



If you're livin' for the moment  
Don't stop, and celebrate the feelin'  
Go up, if you're livin' for the moment  
Don't atop, 'cause there ain't no ceilings  
Go up

[Chorus: Janet Jackson & Daddy Yankee]

We're made for now  
Not tomorrow  
Made for now  
Look around  
We're made for now  
Not tomorrow  
Made for now (*uno*)  
Look around (*dos, tres*)  
  
We're made for now (*fuego*)

[Post-Chorus: Daddy Yankee & Janet Jackson]

Everybody move your body, everybody  
Everybody move your body, everybody  
(*right now*)  
*We're made for now*  
Everybody move your body (*right now*),  
everybody (*right now*)  
Everybody move your body (*right now*),  
everybody

# 2018 Jazz Choreography





# Dance Styles: Musical Theatre

- Musical theatre is a form of theatrical performance that combines songs, spoken dialogue, acting and dance. Performers are known as triple threats and the choreography is a part of the storytelling connecting to the lyric or thematic intent. Characteristics of this style include exaggerated gesture or movement, characterisation and use of voice.

# LYRICS

## Little Shop of Horrors from Little Shop of Horrors

Little shop, little shoppa horrors  
Little shop, little shoppa terror  
Call a cop. Little shoppa horrors  
No, oh, oh, no-oh!

Little shop, little shoppa horrors  
Bop sh-bop, little shoppa terror  
Watch 'em drop! Little shoppa horrors  
No, oh, oh, no-oh!

Shing-a-ling, what a creepy thing  
To be happenin'

Lookout, lookout, lookout, lookout!

Shang-a-lang, feel the sturm  
And drang in the air

Sha-la-la, stop right where you are  
Don't you move a thing

You better

You better  
Tellin' you, you better  
Tell your mama somethin's gonna  
Get her  
She better. Ev'rybody better  
Beware!



# 2018 Musical Theatre Choreography

