



CHOREOGRAPHY MODULE Secondary Resource

Dance Coaches Training Day
Eastern Region Dance Coaching Clinics
2018

Sydney Catholic Schools Performing Arts

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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.
- [2017 Dance Training Day – Warm Up](#)

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 20th 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.
- [2017 Dance Training Day – Contemporary Phrase](#)

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.
- [2017 Dance Training Day – Jazz Phrase](#)

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.
- [2017 Dance Training Day – Musical Theatre Phrase](#)

2018 Musical Theatre Choreography



2018 Training Day Schedule

9.00	Arrival and registration
9.15	Welcome and warm up
9.30	Filming - Warm Up
9.45 - 11.00	Choreography 1 - Contemporary/ Lyrical + Filming
11.00 - 11.30	BREAK
11.30 - 12.45	Choreography 2 - Jazz/ Hip Hop + Filming
12.45 - 2.00	Choreography 3 - Musical Theatre + Filming

2018 Dance Coaching Clinic Repertoire

CONTEMPORARY	<u>Tilted by Christine & the Queens</u>	<u>Youth By Sean Mendez</u>
JAZZ	<u>Made For Now by Janet Jackson</u>	<u>Better When I'm Dancing by Meghan Trainor</u>
MUSICAL THEATRE	<u>Little Shop of Horrors from Little Shop of Horrors</u>	<u>Naughty from Matilda</u>

LYRICS

Tilted Christine and the Queens

I die way before Methuselah
So I'll fight sleep with Ammonia
And every morning with eyes all red
I'll miss them for the tears they shed

But I'm actually good
Can't help it if we're tilted
I am actually good
Can't help it if we
I am actually good
Can't help it if we're tilted
I am actually good
Can't help it if we're tilted



LYRICS

Youth by Sean 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



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

LYRICS

Better When I'm Dancing by Meghan Trainor

Don't think about it
Just move your body
Listen to the music
Sing, oh, ey, oh

Just move those left feet
Go ahead, get crazy
Anyone can do it
Sing, oh, ey, oh

Show the world you've got that fire
(fire)
Feel the rhythm getting louder
Show the room what you can do
Prove to them you got the moves
I don't know about you, But I
feel better when I'm dancing, yeah,
yeah
Better when I'm dancing, yeah,
yeah
And we can do this together
I bet you feel better when you're
dancing, yeah, yeah



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!



LYRICS

Naughty from Matilda



[Verse 2]

Like Romeo and Juliet
Twas written in the stars before they even
met
That love and fate and a touch of
stupidity
Would rob them of their hope of living
happily
The endings are often a little bit gory
I wonder why they didn't just change their
story
We're told we have to do what we're told
but surely
Sometimes you have to be a little bit
naughty

[Chorus]

Just because you find that life's not fair it
Doesn't mean that you just have to grin
and bear it
If you always take it on the chin and
wear it
Nothing will change
Even if you're little you can do a lot, you
Mustn't let a little thing like little stop you
If you sit around and let them get on top
you
You might as well be saying you think
that it's okay
And that's not right



Contemporary Workshop: technique

Improvisation experimenting with:

- Symmetrical and asymmetrical balances
- Fall, swing, push, hold, throw
- Locomotor and non locomotor movement
- Rise and expand
- 8 point touch: body isolation/ lead





Jazz Workshop: using the elements

Improvisation experimenting with:

- Travelling, pathways and transitions
- Group formation and shape
- Solo, duet and small group choreography
- Tempo and time signature
- Dynamics: movement quality





Musical Theatre Workshop: enhancing performance quality

Improvisation experimenting with:

- Intent and scene brief
- Characterisation
- Lyric and musical phrasing
- Staging and blocking
- Voice

