

Saturday in the Studio, Final Class

April 15, 2000

For this final class we invited all of our friends and family to see what we have been learning these past 5 weeks. After being treated to a modern performance of the Argentinean Tango and Spanish Flamenco by the CSU Dance Company; the Saturday in the Studio dancers began their class which highlighted all of the dances they had studied from around the world.

Spanish Flamenco and Tango Warm-up

- We began our class with our Spanish warm-up, including: *flores*, *rocas*, *braceo*, *manzanas*, *palmas*, quick looks and shapes, finding rhythm on the body, and walking tango rhythm. See lessons 1# and #2, March 18th and 25th for review.
- Then we did an improvisation in duets moving between big circular movements with partners using *braceo*, and very rhythmic movement (making sounds with the whole body). We listened for music cues to know when to change between the two.

Argentinean Tango

We reviewed our tango duets from week #2 on March 25th.

- Walk around your partner, circling them with the "slow, slow, quick, quick" rhythm. For the younger dancers use the elephant/mouse imagery. Repeat circling four times. Switch directions from clockwise to counterclockwise each time.
- Next insert the "staying connected dance". Again giving them about twenty counts of exploration time.
- Then finish the dance with the positive/negative space dance. At the end of the fourth repetition, both partners should slowly and carefully melt down to the floor. Tell dancers to be careful not to hurt one another.

NOTE: The students really enjoyed performing their tangos for one another. An easy way to do this is to split the room in half. One half is the audience while the other half performs, then switch.

Malaysian Dance

We moved across the floor as we did in week #4 on April 8th. We began with the small heel toe walk and suspensions; moved to small articulated body parts on the halfway point; circled onto the next half using all levels and body parts; built our temple; and jumped across the ocean to America. See Malaysian lesson for instructions.

Eastern European Quartets

The next activity comes from lesson #3, Eastern European Dances. Review the lesson from April 1st for more explanation.

- Divide students into groups of four. Have students work together to make their own circle dance using: 1) any variation of the folk dance moments

- they have learned; 2) some type of circling; and 3) some way of being connected (whether it is holding hands in a circle or using some "staying connected" material from last week).
- It may be necessary to put a minimum/maximum of 3-6 parts in the dance, depending on the energy of the dancers. Dancers should be able to do this assignment in ten minutes. If they get done early encourage them to practice it over and over in order to solidify what they have. Then divide the room in half and have each group perform for the other.

The Hora

We invited our audience to participate in this final dance with us. We reminded everyone to say "Shalom" to one another as we danced together for the last time.

- Begin with everyone standing in a circle and holding hands. Stomp the left foot and then hop on it. As you are hopping on the left foot simultaneously kick out the right leg in front of you. Repeat these movements on the other foot by stomping and jumping on the right, and kicking the left foot front.
- Next begin a grapevine step to the right. To do the grapevine step begin by stepping side with the right foot. Next step with the left foot and cross it in front of the right. Step side with the right foot again. Then step with the left again, but this time cross the foot in back.
- Repeat the entire sequence from the beginning over and over again. It may be fun to start the dance very slowly and then pick up speed as you go. Another fun variation is to have a leader release the person's hand on their right, breaking the circle. When performed in a circle the leader may either serpentine the line, or spiral in toward the center and then reverse the spiral direction to take the dancers back to the original circle.