

DANCE BRIDGING PROJECT

All of these activities link to dance study in further education. These link specifically to the A Level Dance specification. However, they are also useful preparation for a variety of dance courses, including vocational. Choose ONE activity per week to complete. These are split into different categories – performance, appreciation and creative tasks.

Performance Tasks

Develop physical, technical, expressive and mental skills. You should be dressed in appropriate dance wear.

Written Tasks

Require reading and research before completion of the task.

Creative Tasks

Develop your choreographic skills.

Take part in an online technique class. Suggested links:

CONTEMPORARY

<https://www.youtube.com/watch?v=-VK2hNMfetE>
https://www.youtube.com/watch?v=GvodOIFx9Bs&ab_channel=ItaliaContiVirtualItaliaContiVirtual

BALLET

https://www.youtube.com/watch?v=e_veY_EdHys&ab_channel=ItaliaContiVirtualItaliaContiVirtual

Choose one or two parts of your house and create a short dance that uses the furniture/objects in those rooms. Include different gestures and travelling actions.

Watch the following for some inspiration:
<https://www.youtube.com/watch?v=b1WGN-EGYlw>

If possible, develop your dance into a duet with someone else in your home, or connect with another dance student to make a 'virtual duet'. Try to include a range of relationships and devices in your choreography.

Read the following article:
<https://www.dancemagazine.com/choreography-101-what-makes-a-piece-of-choreography-memorable-2306862954.html>

Research and start a 'Dance Ideas' book. Fill it with images/diagrams of interesting movement ideas, your favourite lifts and group formations. Record links to YouTube links for future reference. Include pieces of music in a variety of styles and moods that inspire you.

Research Rambert Dance Company, history and present:

<https://www.rambert.org.uk/about-us/our-history/>

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Create a timeline via poster or PowerPoint that outlines important events in Rambert's development as a dance company.

Learn the six signature moves from Bob Fosse's Chicago:

https://www.youtube.com/watch?v=_1KWH99c-IM

Try the moves from Fosse's Step by Step Tour:

<https://www.pinterest.co.uk/pin/63754150952236609/>

Link the moves in any order and perform your own Fosse-style routine. Set the routine to a piece of music from a Fosse musical.

Select an animal – domestic or wild. Do some research into the animal you have chosen – how it looks, how it moves, and characteristic behaviours. Find images and video clips of your chosen animal.

Create a short solo exploring the features of your animal.

Give your solo an original title. Perform it to someone – can they identify the animal?

Imagine that the floor is clear glass or plastic and covered in sand, with an audience seated below and looking up. Create a sequence of movement that would be interesting seen from this viewpoint.

Develop the phrase you have created, using a variety of motif developments to create a short solo. Choose an appropriate aural setting and set your dance to it.

Perform to someone at home or virtually and get some feedback.

Watch West Side Story:

- Film (if possible)
- Clips available on YouTube

Research the film:

https://en.wikipedia.org/wiki/West_Side_Story

Create a table or mind map, outlining the constituent features of the dances in West Side Story:

- Movement components
- Dancers
- Aural setting
- Physical setting

Watch the following clip from Richard Alston's Overdrive:

<https://www.youtube.com/watch?v=4XnqJLBD4Lw>

Select a 30 second extract and reconstruct it (learn it from the video).

You may have to adapt the material to be performed in a small space.