

# 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](https://www.youtube.com/watch?v=GvodOIFx9Bs&ab_channel=ItaliaContiVirtualItaliaContiVirtual)

### BALLET

[https://www.youtube.com/watch?v=e\\_veY\\_EdHys&ab\\_channel=ItaliaContiVirtualItaliaContiVirtual](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/>

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

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](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](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.