



Strand: Dance
Level: Grade 1-2
Content: 45 minute broadcast + hands-on activity

LIVE Arts: Body Shakin’ Boogie Makin’ Fun! With Heather Cameron

Heather Cameron, professional contemporary dancer, presents Body Shakin’, Boogie Makin’ FUN! This is a high energy program that explores creative movement and the art of choreography. Students will be lead through a warm up that invites them to take ownership of their own physicality and personal style of movement. Through games and activities students will be lead through a choreographic process that teaches them the three basic components of movement: BODY, SPACE and TIME. Using the tools and skills they have developed through lead improvisations, they will work in small groups to create unique and contemporary movement pieces.

Please see page 3 for **Teacher Guided Post-Broadcast Activities**. These activities will give students the opportunity to apply what they have learned during the broadcast.

About the Artist

Heather Cameron holds a Bachelor Degree in Contemporary Dance at Concordia University (Montreal). In 2005 she moved to Regina (SK) as a co-founder of the FadaDance Troupe, working in collaboration with her cohorts to create original and whimsical dance performances.

As a solo artist, Heather presented her one-woman theatrical dance show, Boney Bones, at the German International Festival of Dance and Theatre. In 2011 she created and performed Honey on Wallpaper at Regina’s Globe Theatre. Most recently, she created and performed the comedic and quirky solo, Waiting for the Bus, presented by New Dance Horizons as part of the Prairie Dance Circuit (2016). Heather has performed work by Johanna Bundon, Bill Coleman, Robin Poitras, Michele Sereda and Turner Prize.

Curriculum Aims & Goals

Creative/Productive:

Students will be invited to use the element of chance to create original movement sequences.

Critical/Responsive:

The broadcast will explore how dancers use the body, space and time to create movement.

Cultural/Historical:

Students will learn about Merce Cunningham’s chance choreography.

Curriculum Outcomes: www.curriculum.gov.sk.ca

CP3.2

Create dance phrases and sequences that demonstrate understanding of the elements of dance including:

- body (zones and areas)
- dynamics (extremes of speed, duration, varying forces)
- space (create and recall combinations of pathways and directions).

CP4.2

Express ideas using the elements of dance including:

- body (body parts leading movements)
- dynamics (duration, speed, and force continuum)
- relationships (alone, partner, small groups)
- space (asymmetrical and symmetrical shapes, creating and recalling pathways).

Broadcast Program (45 min)

Presentation 1

Artist biography

Activity 1

Warming up the body

Presentation 2

Artist performance video

Activity 2

Exploring time and space

Presentation 3

Chance choreography and Merce Cunningham

Activity 3

Choreography

Questions/ Wrap Up

If you are watching from a distance text questions to 306.291.7355 to have your questions answered on air!!

Materials and resources for broadcast:

- Space required: it is preferable to work in an open space such as a gymnasium or a large classroom with desks pushed against the wall

Teacher Guided Post-Broadcast Activity

Using the tools and skills they have developed during the broadcast, students will work independently and in small groups to choreograph unique and contemporary movement pieces through Cunningham's "Chance Choreography" technique.

DURATION: 45min – 1hour

SKILLS FROM BROADCAST:

1. Each student will have choreographed 3 movements that correspond with 3 words
2. Students are familiar with "chance choreography" through the film clip they watched on Merce Cunningham
3. Students have been encouraged to experiment with SPACE and TIME to enrich their dance vocabulary

Materials/ Resources for Activities

- Large open space for students to dance in, such as a gymnasium or a large classroom with desks pushed against the wall
- A whiteboard on which you have written the 6 movements listed on the Chance Choreography List (page 6)
- 1 die
- A computer with speakers, or other equipment for playing music
- Music: Heather has created a list of music that teachers can try- see page 5.

STEPS

1. Create a Movement Sequence
 - a) Have students spread out and sit on the floor. Review the concept of "Chance Choreography" presented during the broadcast.
 - b) Invite 3 volunteers to share and teach one of the movements that they have created during the broadcast. Together you are creating a communal dance vocabulary so that everyone has the same movement for each word.
 - c) As a group, explore the 3 remaining words on the list and pick a movement to go with each remaining word. In total, the group should have 6 movements – one for each word.
 - d) Invite volunteers to roll the die 6 times (or more – especially if there is a lot of number/movement repetition and if the students are focused!). After each roll, write the number rolled and the corresponding movement on the whiteboard. You will end up with a list of movements. Basically, you are creating a dance "recipe" to follow.
 - e) Invite the students to get up, and as a group begin creating a movement sequence based on the order on the board. Some movements may be repeated. Work with students to memorize this sequence, practicing it so that they know it well. **(10 min)**
2. Work in pairs/ duets

Divide students into groups of 2. Their next challenge is to work together to modify the movement sequence using space and time.

 - a) Encourage students to find new ways to present the same movements by varying the SPACE or TIME of the movement. For example, the same

movement could be done slower or faster. The same movement could be done lying down or travelling across the room. What formation are the students in? Back to back? Near or Far?

- b) Although the “order” of the movements is set, students should be encouraged to take creative liberties in how they present their original vocabulary. The students must memorize this sequence, practicing it so that they know it well. **(10 min)**
- c) Once the students have created their “duets” invite each pair to perform their duets (at the same time). Play music while students perform. Let the music be a surprise to the dancers each time, always play something different for each group. This can be a fun game for the dancers to try and stick to their choreographic plan without being too affected or distracted by the music. **(15 minutes)**
- d) Try having the duet performed twice, but to totally different music and discuss how it created a different experience – for both the dancers and the audience.
- e) Encourage the audience to watch for effective moments. What worked and why? Which duet was most unique and why?

Music Suggestions for Post Broadcast Activity

For Creation Process:

These tracks were chosen because they are good “back ground” music to have playing when creating dance. Although the music might influence the creation process, don’t allow students to become too attached to a certain song for this exploration in chance choreography. *Songs marked with * are instrumental (no lyrics).*

*“Bells” by FaltyDL

<https://www.youtube.com/watch?v=IN-edJEN5z4>

*“Cirrus” by Bonobo

<https://www.youtube.com/watch?v=WF34N4gJAKE>

*“Circling” by Four Tet

<https://www.youtube.com/watch?v=bH6OzjAzvcA>

*“Eurodans” by New Mjondalen Disco Swingers (from Remaster Of The Universe)

<https://www.youtube.com/watch?v=AkEe4CsJ6l4>

“Kindergarten” (Rube Remix) by Unkle Ho (from Electro Swing Fever)

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

*“The Rest is Noise” by Jamie xx

<https://soundcloud.com/search?q=Jamie%20xx%20-%20The%20Rest%20is%20Noise>

“Flashy Flashy” (Nicolas Jaar Remix) by Ellen Allien

<https://www.youtube.com/watch?v=g1pffnMSTe4>

For Performance (Variety):

These tracks were chosen because they demonstrate a wide variety of musical themes/emotions to layer on top of the dance. Feel free to also use some of the previous songs listed under “creative process” and anything else you have on hand. Experimenting with musical diversity is lots of fun here! *Songs marked with * are instrumental (no lyrics).*

“Holding On” (feat. Sam Dew) by Julio Bashmore (from Knockin' Boots)

https://www.youtube.com/watch?v=_JCvCelxFRs

“L'étrange Dr Personne” by Carvelli (from Dusty Fingers Vol 10)

<https://www.youtube.com/watch?v=h55S6eeBzdA>

“Lillies of the Valley” by Jun Miyake (from Pina Soundtrack)

<https://www.youtube.com/watch?v=38CL9lQQuSM>

“CAN'T STOP THE FEELING!” by Justin Timberlake

<https://www.youtube.com/watch?v=ruOK8uYEZWw>

“Clouds” by Abel Korzeniowski (An angel in Cracow)

<https://www.youtube.com/watch?v=N74206Uepek>

“Spirit Fingers” by Four Tet (from Rounds)

<https://www.youtube.com/watch?v=6dbpEt4O0VY>

“Delorean Drums” by Todd Terje (Delorean Dynamite – EP)

<https://www.youtube.com/watch?v=PAJgYk52m7U>

“Floe” by Philip Glass (Glass: Glassworks)

<https://www.youtube.com/watch?v=5YdMAC0vXIA>

*“Røygbiv” by Boards Of Canada (from Music Has The Right To Children)

<https://www.youtube.com/watch?v=yT0gRc2c2wQ>

*“Fool In Rain” by Pivot (O Soundtrack My Heart)

<https://www.youtube.com/watch?v=uRbnhuJA570>

*“Vomaseve Hina” by Nozinja (Nozinja Lodge)

<https://www.beatport.com/track/vomaseve-hina-original-mix/6685794>

*“The Best Paper Airplane Ever” by Lullatone (Soundtracks for Everyday Adventures)

<https://soundcloud.com/lullatone/9-the-best-paper-airplane-ever>

* “Reich: Six Marimbas” by The London Sinfonietta

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

* “Prima Materia” by Alex Smoke (Paradolia)

https://www.youtube.com/watch?v=0_LIqpDZpjY

* “Chrome” (Digital Bonus) by Photay

<https://soundcloud.com/astronautico/chrome-digital-bonus>

* “Penty Harmomium” by Aphex Twin (Drukqs [Disc 2])

<https://www.youtube.com/watch?v=d0vu-W0CvFs>

* “Vamos Companeros” by Harmonia & Eno `76 (Tracks and Traces)

<https://www.youtube.com/watch?v=he7E63qKPng>

* “Same Dream China” by Gold Panda (Lucky Shiner Electronic)

<https://www.youtube.com/watch?v=bnMcvacNhk0>

“Boys Latin” by Panda Bear (Panda Bear Meets The Grim Reaper)

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

*“Calypso In A Box” by Colleen Et Les Boîtes À Musique

<https://colleencolleen.bandcamp.com/track/calypso-in-a-box-colleen-et-les-bo-tes-musique>

Roll the Dice Dance

~Chance Choreography~

1 Explode	2 Flick
3 Slash	4 Push
5 Float	6 Twist

Record your rolls:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.