Funky Moves - Everyone Grooves!

SO YOU WANT TO MAKE A DANCE!

Thank you for registering your interest for the 2012 State Wide PE Week Launch - coordinate your own dance at 9.30am on Friday 9th November, or a time that suits you best. Join in the ‘Gangnam Style’ craze or make your own dance. Here are some tips from Footsteps Dance Company!

Option 1- Gangnam Style craze
Join the latest craze that your students know and love, ‘Gangnam style’, download the song or visit youtube and search for ‘Gangnam Style’ and get the students to show you how to move and groove.

Option 2- Develop your own dance - Choose the music.
You may choose to use music from the videos you observed or to mix and match various songs from your or your group’s favourite artists. Contemporary dance usually use a wide array of styles, including funk and hip hop. So be creative in your selection. Pick out a song that has a strong beat to make it easier to put steps to. Get the lyrics off a website (or from album notes) so you can work out when you will do each move.

Move to the Music
Listen to the music and have fun while you move and have fun. Be sure to stretch before you dance! After a few goes remember some of the moves that felt right and share them.

Decide on an Opening Pose
Think of an opening pose for your group. At the opening pose (called a tableau) all of you will be still and not moving. Think of it as a photo taken during an action movie. Tableaux work best when dancers are on different levels and think also where your eyes are focussed. Talk about what will be the beat when you will move into the dance steps.

Start Making the Dance
Look at the lyrics (words) and think of some moves to go with the words. Remember the words don’t have to match the moves exactly. Think of the moves as happening to a beat of 4 or 8 (8 is most common). Think about moves that flow from one part to another and always think of varying your levels. Look for variety so the moves are different.

Look For the Chorus
Most pieces of music have a chorus or refrain that is repeated 2-3 times during the music. Work out the moves for the chorus as a set routine that is repeated when the chorus is repeated. When the first repeat occurs add something that is a little different so the audience sees something new.

Decide on a Finishing Pose
Decide on a finishing pose (tableaux) and also think how your dance moves will flow into the finishing pose. Try to make it appear natural as though the video was playing and then paused.

Think About Costumes and Props
Sometimes costumes and props (physical things) can be used to add impact to the dance. Are you going to use costumes and props? If so, make sure that you are comfortable using them, they don’t get in the way of the dance and getting them organised doesn’t take your focus away from the dance.

Practice the Dance and Review
Practice the dance a number of times and review how it went. Don’t forget to keep a count of the beats. Talk about how the dance went sharing what parts felt the best and why it felt good. Think about some other moves that could add to your dance. Try them without music while counting and then try it to music.

Show Someone
Show the dance to someone you know and trust. Ask them to tell you the bits they liked and parts they felt could be added to.

Practice, Practice, Practice!!!

Enjoy your dance and remember ‘funky moves- everyone grooves’

Footsteps Dance Company is a proud supporter of ACHPER (SA) and 2012 Physical Education Week.