

DANCE WORKSHOP . TRUST

Vcreate and Next Door Dance have teamed up to deliver an exciting dance workshop aimed at children, young people and their families for RSE day (Relationships and Sex Education) organised by Nottingham City Council and Challenge, Cultural Education Partnership for Nottingham.

The theme for the workshop is Trust, exploring how Trust helps develop personal integrity, and how nurturing, positive and caring relationships provide confidence and security.

HOW TO GET INVOLVED

First, you will need to take part in the dance workshop videos. Here you will find a range of warm-ups, creative task, trust games and learning trust dances.

MUSIC USED

Run Boy Run – Woodkid. Cirrus – Bonobo. I'll Be There - Jess Glynne.

CREATE YOUR DANCE

Use the following information as a guide to help you.

Trust words:

- LOVE – warmth, leaning, like, intimacy
- SUPPORT – weight, balance, assist, carry
- SAFE – protected, strong, guarded, secure
- HAPPY – jumping, excitement, content, being liked

Prompt words:

- Opening
- Closing
- Lifting
- Holding
- Strong
- Powerful
- Stability
- Balancing

USEFUL LINKS TO INSPIRATIONAL DANCE

Watch the links to help create your dance.

- Boy Blue Entertainment www.boyblueent.com
- Royal Ballet www.roh.org.uk
- Motionhouse www.motionhouse.co.uk
- Rosie Kay Dance company www.rosiekay.co.uk
- Merce Cunningham www.mercecunningham.org
- Steve Paxton www.foundationforcontemporaryarts.org
- Sadlers Wells www.sadlerswells.com

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Trust is such a wide topic and can be explored through so many different aspects. Trust is safety. Trust is comfort. Trust feels that someone has your back. Trust is an environment, a place where you can be yourself, feel happy and content. Trust as the foundation of love. If we don't trust a person, how can you love them?



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DANCE WORDS.

WORDS TO HELP CREATE A DANCE, CHOREOGRAPHY TOOLS

UNISON – all together

LEVELS – high, middle, low

SPATIAL AWARENESS – how to move in the room, space

CANON – different times, like the Mexican wave

CONTACT – connect to another person/s

MOTIF – a move, moves that are repeated and developed

DYNAMICS – flow, speed

THEMES/ STIMULUS – how to move in the room, space

RELATIONSHIP – inspiration for the dance workshop, could be a poem, music, images, school topic

DANCE 'WAYS TO MOVE' WORDS

ACTION WORDS: stretching, skipping, walking, tiptoeing, shuffling, sliding, leaping, rolling, running, topping, curling, wriggling, jumping, flashing, bursting, reaching, pausing, stopping

USE OF DIRECTION: up, down, under, over, forwards, backwards, diagonal, sideways, upside down

DYNAMIC: fast, sudden, slow, smooth, harsh, delicate, soft

WEIGHT/ FLOW: heavy, hard, deep, light, awkward, funny, happy

NAMES FOR DANCE MOVES

LEAP – imagine you are doing the splits in the air

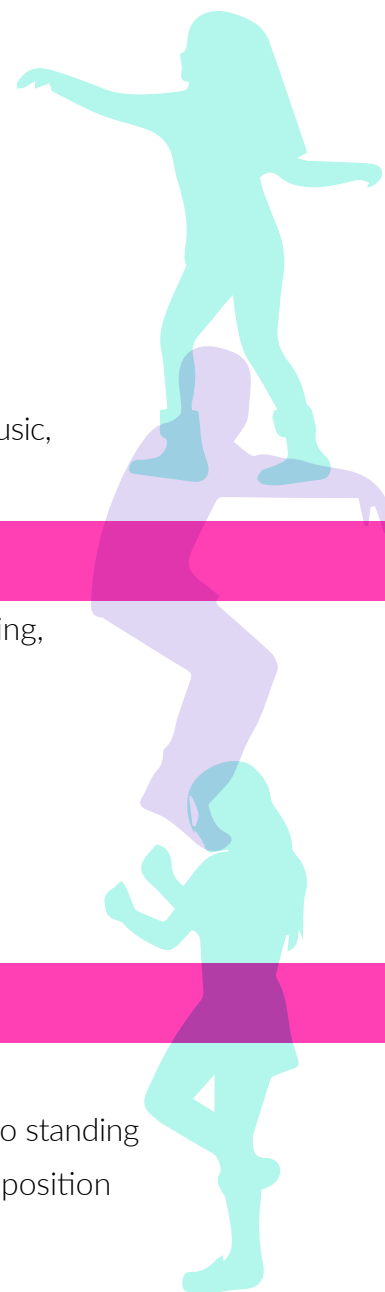
ROLL – different types of rolls, sausage roll, roll in a ball, roll on the floor to standing

BALLET – 1st position, 2nd position, 3rd position, 4th position and 5th position (Google ballet positions for a better idea)

SPOTTING – focus on something in the room as you are turning, whip the head around

GALLOP – side gallops, front gallops, traveling around the space

FRONT SPLITS AND CAT SPLITS – front split is one leg in front and a cat split is a wide second position



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