

# Candoco Youth Class

## Creative Resource 1

### WELCOME

#### **Welcome to the Candoco Youth Dance Creative Resources!**

For week one, Susanna Dye has created a movement task that explores the different ways in which we can pick up objects, take them on a journey of some kind and then place them down again.

We can explore different qualities of movement, using different body parts and different levels. We can also create different rhythms and shapes with our movements too.

### IN THE VIDEO

Susanna demonstrates some movement possibilities:

She grabs the cushion by the long edge and then lets it flop onto her lap. Then she places her forearm underneath and tips the pillow back onto the floor.

She lays on the pillow and leans into it with her head as she hugs the pillow to her body to pick it up. Then throws it high and watches it land.

The cushion is underneath Susanna's legs, so she picks it up by bending her knees towards herself and then takes it on a journey as she turns over and comes up to kneeling – still with the cushion against the underside of her legs!

Susanna swings the cushion over her head from behind to in front of her.

Susanna sweeps the pillow in a circle and then holds it up by one corner and lets it twist around itself. It drops and she slaps her hand down on top of it.

**Find your object and see what movements you can create with your new dance partner.**

## TRANSCRIPT OF VIDEO

Hello, it's Susanna and I'm the Creative Assistant this term for Candoco's Youth Dance Class.

Alongside the classes, I am going to be offering you some dance ideas to try out at home.

So, this week I'm inspired by something we explored in class which was about picking up movements from other people and then finding ways to pass them along. But I thought we could try this at home with an OBJECT.

I am going to use a pillow as my dance partner, so if you have a pillow or a cushion you can give that a go or you can try something else – it's up to you.

So, with this object we are exploring different ways of picking up and then, putting down again.

You can explore...

Different qualities of movement,

Different body parts, maybe...

Different levels

Different rhythms – [sound effect: woo]

Different shapes

So, I hope that's given you some inspiration and do let us know how you get on.