

Candoco Youth Class

Creative Resource 3

WELCOME

It is Week 3 of our Candoco Youth Dance Creative Resources.

This week Candoco Youth Dance Creative Assistant, Susanna Dye, invites you to choose another object in your home to help you make your dance.

She has created a video for a movement task that has two parts to it.

PART 1:

Exploring your chosen object through touch – tracing the different surfaces and the different shapes your object is made up of; discovering the inside, outside; underneath, the top; the sides; the middle and all its edges...

As you explore your object think about how your body is moving.

PART 2:

Translate these movements with your object into movement with your whole body to move you in space. This could be marking out the outline of the object; drawing the shapes of the object with different body parts; moving your body the way the object moves or imagining that part of your body becomes part of the object.

Create 5 different movements inspired by your object and then link them together to make a phrase.

TRANSCRIPT OF VIDEO

Hello Candoco Youth dancers!

I hope this finds you well. I have another object dance.

So, this week I have found something in my kitchen – I have found a plastic ladle to explore with.

So once you've found yourself an object, the first part of this exploration is just through touch. So...tracing all of the different surfaces, the different shapes that you can find, the different spaces that this object offers – outside spaces and inside spaces...

And maybe even, if it is an object that moves you can explore the way that it moves, the quality of movement – so, this ladle has this little springy...um, springy wiggle.

And you can even do this exploration with your eyes closed so you are really just finding movement through exploring the object through touch.

And once you've done this part of the task, the next part is to translate the movements that you've found through this tactile exploration into space and into your whole body. So you can use your whole body to describe the movements that you found [SOUND: woo] around the edges of the object;

[DESCRIPTION: Susanna is folded over her legs – rolling up and snaking through the spine to lift up and over and finishing in a overhanging curve];

Or you can trace the shapes that you found in the object with different body parts

[DESCRIPTION: Tracing a circle with the elbow to then scoop the knee up, around and dropping back into a lunge];

Or you can even try and recreate the quality of the movement in the way that the object moved – so, I can find the little wiggle that I found in my ladle.

[DESCRIPTION: Creating a forward and backward repeated rocking movement through the body]

...And then you can even explore what happens if you replace a body part for a part of that object – so I can pretend my arm is the loooooonng handle of the ladle

[DESCRIPTION: The hand slides down the other arm – from the shoulder, all the way to the hand and then creates an upward curve as the hand gently 'takes off' into space].

Then, once you've found some movements that you like – um, I think I've got 5 – you can thread them together to make a phrase.

So my ladle phrase looks something like this: [DESCRIPTION OF PHRASE: Susanna starts folded over her legs, knees slightly bent – rolling up and snaking through the spine to lift up and over and to create an overhanging curve in the space in front through her upper back and arms;

Drawing one arm in to trace a circle with the elbow in this carved out space in front.

Scooping up the knee, suspending and dropping back into a lunge that ripples up through the body to create the "springy wiggle" rocking motion – 1, 2, 3, 4;

Brushing from the shoulder, all the way down the arm until the hand scoops and gently 'takes off' into the space in front [SOUND: shhhhhhoop]]

There we go! What did you think? Did you see a bit of ladle in there?

So, find yourself an object that you would like to explore in this way and enjoy this tactile exploration and then how you translate this into space and if you like, even building a short phrase.

Let us know how you get on, as always.
Enjoy!
