

Candoco Youth Dance

Creative Resource 1

These resources have been developed by Candoco for you to find new ways to enjoy dancing and being creative in your own home.

Please be aware of your surroundings and make sure that your space is clear and safe to dance in. You know your body best, so please don't do anything that causes you pain and don't take any risks.

Happy creating!

Exploring Sound and Textures (Audio Transcript)

Hi dancers!

Today we are going to be exploring sound and touch. You can explore either sound, or touch, or sound and touch together.

To begin, pick a room in your house to explore.

First, take a moment to take in all of the different surfaces in your room. Notice the walls, the floor, any really big objects in your space. Without touching them, do you think you know what they might feel like and what sounds you could make with them? Do you know what materials they're made from?

I'm in my bedroom and I'm going to start with my walls. I know that one part of my wall is made from brick whilst another part is made from plaster board. If I knock on them- [hollow, louder knocking sound] that's the plaster board, [quieter, solid knocking sound] that's the brick- I notice that they feel the same but sound very different. Take a few minutes to explore the different ways you can touch your chosen surface and the different ways you can make sounds with it too. What parts of your body can you touch your surface with? How much of your body can you get to touch your surface with at the same time? If you use different parts of your body, can you make it sound different? What rhythms can you make? If you want more time to explore your surface or if you want to explore a different surface, you can pause the audio.

Now that we've explored big surfaces, we're going to look at smaller objects. In front of me I have my lamp and a foam roller. I chose them because I think they're going to have really interesting textures and I think they'll make really different sounds.

I'm going to start with my lamp. It's made of metal and I really enjoy the sound it makes when I tap it [metallic tapping sounds]. Just like we did with our surfaces, I'm

going to start exploring the texture of my lamp and the sounds I can make with it [metallic tapping sounds continue and swooshing, swiping sounds start]. How does it feel on a different part of my body? Does that part of my body make it sound different? And what kinds of rhythms can you make with it?

I'm now going to move onto the roller. It's much sturdier than the lamp [slapping sounds] and it has lots of bumps that make a sound if I run my finger along them [rubbing sounds]. I'm curious how this would sound and feel against a surface. I'll use my carpet. [Metallic tap] Sorry, that was just me moving my lamp out the way! If I roll it against the carpet, I can hear a very faint sound and it sounds a little bumpy [the sound being described isn't picked up on the recording but the slapping sound as the roller is pushed back and forth can be heard]. Even though I'm focusing on the sound it's making on the floor, I can also hear the sound it's making against my hand as I push it away and pull it back to me. I'm also noticing that I'm touching it for a very short amount of time and I touch it in different places, giving my hand really short bursts of contact with the different textures of the roller.

Take some time to explore some of the objects you have in your space and then come back when you feel ready.

Finally we'll be exploring the different textures and sounds we can make with our own bodies. You might already be quite used to this from our warm ups. Let's think of all the different touches we know. We can squeeze, tap, pat, stroke and rub. Like we do in our warm ups, use these different touches on your body, noticing how the different touches feel. Remember to be light and gentle. You might also notice that some of them make sounds. They might also sound different depending on whether you're touching your skin or a piece of clothing. Different areas of your body might sound different as well. Tapping my head [quiet, solid tap] sounds very different from tapping my stomach [hollow, louder tap].

After you've had some time to explore the different sounds you can make with your body and the things in your space, you can try creating a dance based on making sounds or indulging in the different textures in your space. You can do this as either an improvisation or you can choreograph a routine.

Happy creating!