

Candoco Youth Dance

Creative Resource 4

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 Circles (Video Transcript)

You can find the video here: <https://youtu.be/P5LSo2HplyY>

Disclaimer - In order to watch this creative resource video you will be taken to an external website, YouTube. Candoco is not responsible for the content of any external links.

Hi dancers!

Recently I've been thinking a lot about circles and I think this is for a few reasons. One of them is for that warm-up routine we did with Anne-Galle with the rolling our shoulders and our arms and everything about it reminded me of circles. And another reason is because I was watching some 'Taskmaster' clips. I was watching one with James Acaster and the task was to make the biggest and best circle that you can but he misunderstood the task and just made lots of different circles. So he rode a bike in a circle and a bike has two circular wheels. He landed in a circle. At the end when he's trying to justify it by adding more circles, he says 'my eyes are circles'. And so I thought for today's task, can you make a routine that has more circles in it than James' task?

You can do anything you want as long as you can justify that it's a circle. So you might want to use some circular movements inspired by our routine, which I'll show you at the end if you've forgotten it. Or you can use some circular objects so I'm wearing this ring (shows right hand which has a ring on it), for example, and rings are circular because they have to get on your finger (trying to take off the ring but it's a little bit stuck). I'm trying to get it

off! (Ring comes off and Charlotte shows it sideways so that the circle can be seen) So rings are circular.

I also have these hair bands on my wrist (takes hairbands off of wrist and shows that they are circles) so is there something I can do with my hair bands that are also circular.

Or is it a circular part of my body? So my shoulder is a circular joint, my head is a circle. Can I do something with my head? The world is your oyster! So your task- as many circles as you can!

So I'm going to show you a reminder of the routine that we did in case either you didn't see it, or you've forgotten it. You can use any of these moves as a starting point for your routine with lots of circles in case you need some inspiration to get yourself started but by no means do you have to use any of them! It's all up to you.

(Screen changes to show Charlotte's full body, ready to demonstrate the routine)

Okay so we're going to start with a small circle (makes a circle with shoulder)

Then we're going to make that circle a little bit bigger (makes a circle with elbow)

Then we're going to make a massive circle (makes a circle with hand) and open out to the side (moves arm out so it's parallel to the floor).

We're then going to curve it in (brings arm around, as if holding a big beach ball with one arm. Torso softens and curves)

lift it up (comes back to neutral position, with arm lifted above head)

arch back (arm lowers slightly in front and chest lifts to the sky)

and return to neutral (returns to neutral position)

So we're going to do a small bend (arm lifted over the head and the torso tilts slightly to the opposite side)

a medium bend (widens base slightly, meaning the torso can tilt a bit further)

and then a huge bend (widens base even more, meaning the torso can tilt even more)

and then we're going to feed it through and return to wide open (leading with the arm above the head, make a circle and allow torso to follow, returning to neutral. The other arm follows, and is the last to return. Arms are stretched away from the body)

Then we're going to twist (arms wrap around body and the torso twists by following the direction of the front arm)

And we're going to do four twists

So that's two (arms swing out and wrap around the other way. The torso follows the front arm)

Three (repeats the arms swinging, wrapping, and torso following)

and four (repeats for the final time)

Then on our fourth one we're going to turn (whole body follows the momentum of the twist and turns around. Lands in a crouched position)

then we're going to flick (stretches arms out, allowing the wrists to flick)

and we're going to roll up (return to neutral, allowing head to be the last)

Yay! (waves hands and walks towards camera)

Happy creating!