

Workshop Weekends

The Red Shoes: Beach Ballet Task

Imagine you are in stylish Beach resort in 1940s Montecarlo

Come up with 8 gestures that relate to the beach for example:

- Sunbathing
- Exercising
- Playing ball
- Putting on your sun glasses
- Rubbing in sun tan lotion
- Swimming
- Reading a book or magazine
- Sightseeing
- Being hot



Give each gesture 4 counts

Then put all your gestures together making a phrase of 8 x 4s



Use this music

Once you have rehearsed that sequence and it goes well with the music, move onto the second part of the task, adding the below movements to your phrase:

- On movement 1 add a run
- On movement 2 add a turn
- On movement 3 add a jump
- On movement 4 add a walk
- On movement 5 add a roll to floor
- On movement 6 add a dance step of your choice (like the charlston)
- On movement 7 add a jump
- On movement 8 add another travel step

Once you have added this movements to your phrase rehearse with music again.

Make sure your movements run easily from one to the other.

Put on a nice beach outfit and enjoy your beach ballet phrase!



We would love to see what you create! Upload your video to Instagram Stories and don't forget to tag us @mbnewadventures