

Workshop Weekends

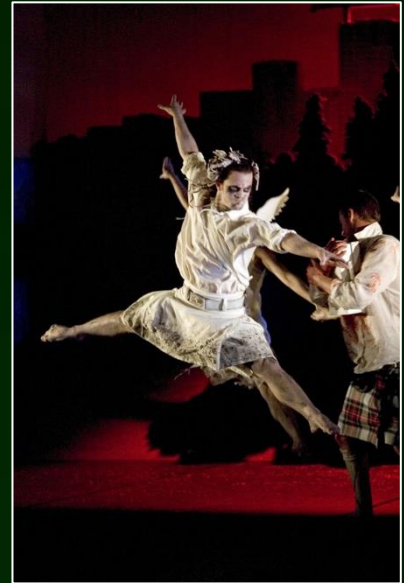
Highland Fling: Hunting and Gathering

Highland Fling tells the story of James, a young Glaswegian who is lured from his nuptial bed by an unearthly siren. As his love for this beautiful 'Sylph' becomes an obsession, he embarks on a journey that takes him from the mean streets and nightclubs of Glasgow into a magical world beyond.

The Sylphs live in a magical forest where trees move, and nothing is as it seems. The Sylphs we see are a mix of gothic fairy, imp, elf and woodland creatures. This task is based on the Hunting and Gathering section when the Sylphs are foraging for their food.

Have a look here at our Sylphs here:

<https://new-adventures.net/highland-fling#photos-and-videos>



Think of a woodland creature and how they hunt or find food. Decide on 3 things your sylph is going to eat. For example: Worms, nuts, berries, ants.

Create 3 phrases of movement for each of your choices. Take inspiration from how animals move and include these actions:

- Finding the food. Consider if it is low down, high up in a tree or buried underground. Do you need to creep up, move quickly or pounce on it?
- How does it feel when you have caught it? Does it bounce around in your hands or try and get away?
- Eating it. How do you eat it? Are they tiny little ants so you need to eat lots of them or a big apple you crunch into?

Now include these elements within it:

- Movement that takes you to the ground and happens on the floor
- A pounce like jump
- A secret moment – with your back to the audience like you are hiding food
- A shift or travel that moves you as much as you have space for

Once you have made your phrases, decide on the best order for them. Practice them so that they connect and flow seamlessly.



Your completed phrase needs to be 4 movements of 6 counts each. Skip to 2.35 in [this piece of music](#) and fit your phrase to it.

Finally, think about the Sylph characteristics of fairy, animal, gothic and mischievous. How can you add this into your performance? Most importantly, have fun transforming into the magical Sylphs of *Highland Fling*.