

Workshop Weekends: Play Without Words Swinging 60s Task

Imagine you are on a Television show in the 60s and you are there to show off the latest dance craze, such as the nitty gritty:

<https://youtu.be/P2v8lgJdsm4>



Come up with 8 moves that describe these words:

1. Spider
2. Twist
3. Lion claws
4. Beating a drum
5. Gorilla walk
6. Hopscotch jumps
7. Climbing
8. Look like a pony

Or use some of the moves you saw in Alan Vincent's video.

Once you have the moves for each word, join them together to make a phrase of 4 x 8s.



Pick some music from this playlist

<https://open.spotify.com/track/5PrxgS21qQ7kugOKVfVqm7?si=1sb3hxbRTB6GvOq3jcGpyA>

Once you have perfected your phrase add some additional moves:

On movements 1 and 2: travel

On movements 3 and 4: face the back

On movements 5 and 6: hop from side to side

On movements 7 and 8: do as big as you can!

Try and use different levels and keep the movement as clipped and clear as possible.

It must look like a new dance craze and it should be challenging to do.

Come up with a name for your new dance craze and dress up in some 60s gear!



We would love to see what you create. Upload your videos to Instagram Stories and don't forget to tag us: @MBNEWADVENTURES