

Workshop Weekends

Sleeping Beauty: Zodiak Task

Aurora is under Caradoc's spell and the Palace is preparing for the wedding between Caradoc and Aurora. The guests wear masks and are dressed in red, creating a cult like atmosphere.

Research the 12 zodiac signs symbols and descriptions and choose a sign to work with.
For example: Aries, Leo, Pisces

Create 4 motifs of movement inspired by the instructions below:

- Movement 1 – The image of the sign
- Movement 2 – The first letter of the sign (you could describe this using a body part)
- Movement 3 – The element of the sign (Air/Earth/Water/ Fire)
- Movement 4 – The animal connected to your Zodiac sign OR a quality associated with the sign
- Movement 5 – A club dance move



Use [this music](#) to create and practice your moves.
Each movement should fit within a phrase of 6

Work now to develop your phrase:

- On movement 1 – Make the movement go to the floor (1-2-3-4-5-6)
- On movement 2 – Travel the movement (2-2-3-4-5-6)
- On movement 3 – Play with the dynamic quality to match the element (3-2-3-4-5-6)
- On movement 4 – Introduce jumps (4-2-3-4-5-6)
- On movement 5 – Introduce a look to an imaginary person in the room (5-2-3-4-5-6)

Now think about the focus of the phrase. There is a vampiric element to this scene. Imagine that you are at a club or party and you are looking around to see who's in the room. How does this change the dynamic of the phrase?

Finally, with the scene in mind, choose a way to enter the room and begin the phrase and make sure the end of your phrase is clear and impactful.



We would love to see what you create! Share your work via Instagram Stories and don't forget to tag us! @MBNEWADVENTURES