

## 12) Canal Dance Ideas with suggested music

### General warm-ups:

- 1) Think about different ways of moving and try some ideas to different kinds of music.
- 2) Bodies can be tall, or bend and shrink into tiny shapes. Bodies can reach, turn around and relax. Bodies can travel slowly or quickly, run and jump.
- 3) Dancers can move together or take turns.

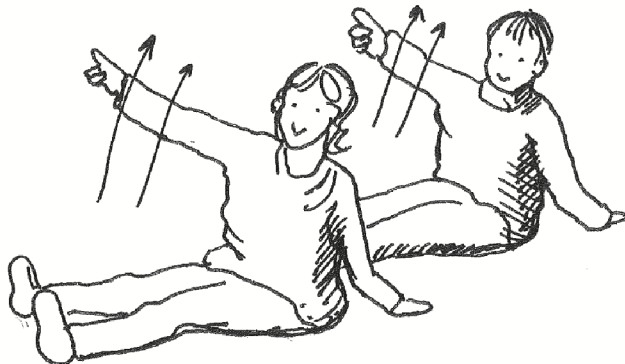
**Music:** *Stella Del Mattino* by Ludovico Einaudi.

### Dance activity 1: Flowing water

**Props:** You can add movements with water-coloured scarves or light weight fabrics like parachutes and saris.

#### Activity:

1. Make up a 'turn, reach and relax' movement to the music. Group the movements into a short solo dance. Repeat and develop moves within a group to make a larger dance.
2. In pairs, think of four different movements that demonstrate water, e.g. rippling arms, making a wave with a partner, fingers wiggling and raindrops, etc. In a duet, one partner makes a small low shape whilst the other performs water-based movements around them, then swap.
3. Put these actions together to make a short piece.



**Music:** *Jeux d'Eaux* by Ravel.

### Dance activity 2: The Waterway Map

#### Activity:

1. Create a giant pathway which might be a canal - with curves, zig-zags, etc.
2. First travel along the pathway. Consider how to dance it.
3. How would you move around a bridge: over, under, around? Add these to your dance.
4. You could use a large piece of fabric to create your bridge and people could travel over, under or around it
5. Imagine you and your partner are starting from different ends of the canal. What happens when you meet in the middle? Explore how you could balance, turn together or move past each other. Combine these actions into a dance.



**Music:** *From A Distance* by Bette Midler.

### Dance activity 3: Through the Locks

#### Activity:

To get water in and out of a lock requires lots of winding up

1. Make circular motions like winding up a big cog.
2. Make up some different kinds of circular movements. Think about the size and level of your movement. Try using different body parts.
3. Combine movements with partners to make duets or group dances.

#### To open the gate you push a heavy paddle

1. As a group, pretend you are pushing the heavy paddle together.
2. Use faces and bodies to make it look really heavy.
3. Think of how to stop and start together without talking.

**Music:** *The Clog Dance from La Fille Mal Garde*  
composed by F Herold and *The Song of the Volga Boatmen*.



### Dance activity 4: The Barge

#### Activity:

1. Pretend to catch a heavy load, carry it, then pass it on to someone else. The cargo might make your body droop lower and lower.
2. Form a single line, which represents a narrow barge. The person at the front of the line is the leader. They should perform slow, small movements which represent that they do not have much room on the barge. Everyone else must copy the movements of the person at the front of the line. If the leader turns 180°, there will be a new person at the front of the line, and therefore, a new leader.
3. In groups, imagine you are all living on a small canal boat and don't have much space. Create three movements where you are moving over, under or around each other in a small space



**Music:** *Listen to Song of the Volga Boatmen*.

### Dance activity 5:

Combine all these ideas into a group dance