



## Dance & Theatre Background

The practitioner that I have chosen to talk about is "Agnes De Mille". Agnes de Mille was a very important part of the change to musicals, as she was the first practitioner to use dance in musicals to further the narrative, rather than dance being used just for entertainment purposes. The first musical she did this in was "Oklahoma!" In 1943 (which our Seniors are currently studying in MT.) She was also one of the first to use a "dream ballet" into musicals. This is an all-dance, no-singing production number that reflects the themes of the production. The plot, themes, and characters are typically the same—although the people playing the characters may be different, as the roles of the dream ballet are usually filled by well-trained dancers rather than actual actors. Agnes De Mille had a huge influence on how musicals are portrayed nowadays.

## Channel STUDIO today

[studio.youtube.com](https://www.youtube.com/studio)

Bronzer & Blusher Tutorial With Emma

Level One Tap: Part One

"Express Yourself" by LABRINTH

Level Two Tap: Part One

"Dance Monkey" by TONES AND I

Level Three Tap: Part One

"I'll Be There For You" by THE REMBRANDTS

Wings & Wands Seated Warm Up With Miss E, Ralph and Sammy!

"Alexa,  
play: "These Days by Take  
That please"

## Healthy Thinking

It is really important to keep your body fit and healthy, but it is also important to keep a healthy mind. One good way to do this is through relaxing and meditating. Sometimes when people have a lot of things going on it is hard to just focus on one thing, therefore cluttering the mind. Meditation is one way to help with this as it allows you to feel more relaxed, focus on one thing and makes you feel grounded, self-aware and calmer. There are different types of meditation you can do: Still meditation (focusing on one thing such as your breathing) or moving/walking meditation such as Yoga. And meditation doesn't just have to be for grown ups, we use a lots of breath control exercises in our Musical Theatre warm ups, and there are lots of great kids Yoga activities out there too.



## Tongue Twisters

A tongue-twister is a phrase that is difficult to say properly. We have great fun with tongue twisters while warming up our speaking muscles in Musical Theatre classes. See how you get on with these.

"Gobbling gargoyles gobbled gobbling goblins"

"Many an anemone sees an enemy anemone"

"Double bubble gum bubbles double"

## This Weeks Comp!

Do you know what an anagram is? How many different words can you make using the letters in our website address?

[www.thestudiodorset.com](https://www.thestudiodorset.com)

Email your answers to:  
[office@thestudiodorset.com](mailto:office@thestudiodorset.com)