



Dance & Theatre Background

Today I will be taking about Bob Fosse who as an American dancer, musical-theatre choreographer, actor and theatre and film director. He directed and choreographed a number of works on stage as well as on screen. Some of his most famous works include "The Pyjama Game" (1954), "Cabaret" (1972) and "Chicago" (1975). He is the only person to have ever won an Oscar, Emmy and Tony award all in the same year. Fosse has a very distinctive style of choreography with turned-in knees, rolled shoulders and Jazz hands. With Fred Astaire as a main influence Fosse was also known to use props such as bowler hats, canes and chairs within his choreographic works. The "Rich Man's Frug" scene in Sweet Charity is a perfect example of his signature style- this is definitely worth a watch!

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Brown Eyeshadow Tutorial

Level One Tap: Part Three - "Express Yourself"

Level Two: Part Three - "Dance Monkey"

Level Three: Part Three - "I'll Be There For You"

Leg Stretches Tutorial

"Alexa,

play: [Movement](#)

by Hozier" (please)

Be sure to watch the amazing music video featuring an ex Royal Ballet dancer

Healthy Thinking

I would like in this issue today talk about the importance of protein in our diet. Protein is needed in the body to build and prepare tissue and muscles, as well as providing the building block of bones, cartilage, skin and blood. Along with fat and carbohydrate, protein is a "macronutrient", which means that the body needs this in a high amount. Protein is mainly found in meat, fish, eggs and dairy products as we call these 'High Biological Value Proteins'(HBV), however foods such as nuts, seeds, lentils, beans and pulses are called 'Low Biological Value Proteins'(LBV). As it is essential that our body gets all the needed amount of protein which is mainly found in animal sources, people with a low-meat diet or vegans will use what we call 'Protein Complementation' which is when a meal will use two or more of the LBV Proteins to make up the same amount of protein which we would get from a meat source, a good example of this would be beans on toast.

Pas De Bouree:

Running Step

Demi:

Half

French Ballet Terms

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!

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