



## Dance & Theatre Background

**Michael Flatley** is an Irish-American former dancer, choreographer and musician. He became internationally known for Irish dance shows *Riverdance*, *Lord of the Dance*, *Feet of Flames*, and *Celtic Tiger Live*. He started dancing when he was 11 and at the age of 17 was the first American to win a World Irish Dance title at Oireachtas Rince na Cruinne, the Irish dancing championships. Flatley's shows have played to more than 60 million people in 60 countries. He is credited with reinventing traditional Irish dance by incorporating new rhythms, syncopation, and upper body movements, which were previously absent from the dance. He is in the Guinness World Records for tap dancing 35 times per second and his feet were at one time insured for \$57.6 million. Unfortunately Flatley retired in 2016 due to injury but before he retired Emma and I had the pleasure to go see one of his shows. This was defiantly the best show I had ever seen!

## Channel STUDIO today

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

PARTY DANCE! "The Macarena "

Eyeliner Tutorial

Flying Sammy! Great for balance, strength and fun!

"Alexa,  
play: "Pumped Up Kicks by  
Foster The People please"

## Healthy Thinking

A very important thing to do after exercise is stretch, and especially important for dance to help gain flexibility. Stretching is the process of placing particular parts of the body into a position that will lengthen, or elongate, the muscles and associated soft tissues. Upon undertaking a regular stretching program a number of changes begin to occur within the body and specifically within the muscles themselves. There are two different types of stretching: Static Stretch (without movement) and Dynamic Stretching (with movement). It is also important to stretch as it prevents your muscles from shortening and becoming tightened from activity.

### Sauté:

To Jump

### Changement:

To Change

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.

"Flutter by Butterfly"

"Unique New York, Unique New York, Unique New York"

"Millennium, Millennium, Millennium"

## This Weeks Comp! Get Creative!

Print off our **STUDIO Logo colouring** sheet from the TS.09 page of our website and go to town! Colour, collage, paint, glitter?

Whatever you feel. Send us a photo with an explanation of what you did to:

[office@thestudiodorset.com](mailto:office@thestudiodorset.com)

Please keep them safe for us to decorate THE STUDIO with later on. x