



Dance & Theatre Background

On today's issue I would like to talk about American dancer and choreographer Merce Cunningham. He was one of the greatest dance artists whose career was distinguished by constant innovation with contemporary art, visual art, performing art and music. Cunningham was very well known by using chance methods when choreographing, he would often flip a coin or roll a dice to decide the way in which he structured his choreography. Some of his most iconic works include "Rainforest" (1968), "Fielding Sixes" (1980) and "Touchbase" (1993). In 1919 he began his professional dance career at the Martha Graham Dance Company, then presented in his first solo show in 1944 before opening the Merce Cunningham Dance Company in 1953. At his company he wanted to explore ground-breaking ideas with his dancers, this is where he developed the Cunningham technique. The technique emphasises clarity of form, coordination of the torso and legwork, rhythmic accuracy, special awareness and virtuosity.

Channel STUDIO today

studio.youtube.com

Level One Tap: Part Two - "We Are Family"
Level Two Tap: Part Two - "Dance Above The Rainbow"
Level Three Tap: Part Two - "If I Didn't Have You"
Low Plaited Bunches Tutorial
Wings and Wands Roaming Warm Up

"Alexa,
play: Word Up
by Cameo" (please)

Healthy Thinking

We all know the importance of exercise in our day to day lives, however it is vital that we are doing this properly and with the correct technique to help avoid both short and long term injury. A good example of this in dance is in tap; it is important that we have achieved the correct technique before trying challenging moves such as a 'wing' or 'pullback'. A good technician will build upwards from more simple technical steps and steadily gain the control and strength needed to execute the more complex ones. If we are not physically strong enough or if we have not learnt the correct technique, it could lead to injury or complication further down the line.

Temp Leve:

To Leave Time
(A hop!)

Temp Lie:

Linking Time
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!

Win a STUDIO Mug! 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 Please keep them safe for us to decorate THE STUDIO with later on. x