



Dance & Theatre Background

Today I would like to talk about Fred Astaire and his influence on dance and film. Fred Astaire (10th May 1899-22nd June 1987) was an American dancer, singer, actor, choreographer and film director. He is considered the most influential dancer in the history of film as he revolutionised dance being as important as other aspects such as acting with redefining the way which it was filmed. Before Astaire, musical movies were shot with lots of fast cuts and close-ups during dance sequences, however he insisted that his dances be filmed in long takes and wide shots so that the whole routine could be seen allowing the audience to feel as though they were watching a dancer on stage. His most famous choreographic work can be seen in the musical film "Top Hat" which features Fred Astaire himself and Ginger Rogers. This pair worked together on 10 musicals and became iconic dance partners.

Channel STUDIO today

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

PARTY DANCE! Saturday Night
Mascara Tutorial
Stage Directions Warm Up Game

"Alexa,
play: Bulletproof
by La Roux" (please)

Healthy Thinking

The second most important part of our diet after fruit and vegetables is carbohydrates and starchy foods. The main function of carbohydrates is to provide your body with energy, which is very important for us as dancers. This is found in dairy, fruit, bread, cereal, starchy vegetables such as potatoes, beans and sugary sweets (limit these). Although it is a macronutrient therefore we do need quite a large amount of this in the body, we must make sure that we are also active so that this is used for energy, as if not it will be stored in the body as fatty tissue.

En Dehors:
Outwards (away)
En Dedans:
Inwards (towards)
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