



Dance & Theatre Background

Today I have chosen to talk about 42nd Street. The show was produced in London in 1984 and is based on the novel by Bradford Ropes and the subsequent 1933 Hollywood film adaptation. 42nd Street tells the story of Peggy Sawyer, a talented young performer who gets her big break on Broadway. Peggy arrives in New York City with her tap shoes and big dreams. Peggy's talent catches the eye of legendary Broadway director Julian Marsh, who gives her a spot in the chorus of Pretty Lady, his newest show. Pretty Lady stars Dorothy Brock, the classic Broadway diva, who takes an instant dislike to the new girl in the cast. When Dorothy is injured during the show's previews, Pretty Lady looks like it will have to close, unless a new girl talented enough to lead the show can be found, someone like Peggy Sawyer! Peggy's rise from showgirl to star is the stuff of show business dreams. 42nd Street is full of crowd-pleasing tap dances, popular musical theatre standards, and show-stopping ensemble production numbers.

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Level One: Part Three - "Feels Like Home"
Level Two: Part Three - "Sussudio"
Level Three: Part One - "I Gotta Feeling"
Wrapped plaits tutorial
Extreme Sit Ups!

"Alexa,
play: Easy Love by Sigala
please"

To The Pointe!

When your old enough and your ankles are developed/strong, you will be able to go 'en pointe' in your ballet classes. Here is how to put on your pointe shoes. First make sure you have some properly fitted shoes with the ribbons sewed at the correct angle and place. Make adjustments to your shoe as necessary (slipping your foot through elastic straps, tightening the pointe shoes' drawstring, etc.) Be sure that you are wearing toe pads and any other accessories for cushioning. When fastening your ribbons, make sure that your ankle and foot create a 90 degree angle and that your foot is flat on the floor. Wrap the inside ribbon first but not too tight, you want it firm but with just enough slack to go up on pointe and come back down on a flat foot comfortably. Pull the ribbon to the opposite side of the ankle, and then wrap round the ankle, then repeat with the outside ribbon and keep enough ribbon from each side spare to tie together on the inside of the ankle. Tie in a double knot and neatly tuck the excess ribbon in so you cannot see it, then to keep the knot secure, apply hairspray directly to it. When your finished your ribbons should create an x shape with a line sat on top.
Top tip is to paint your ribbon ends with clear nail varnish to prevent them from fraying!

Ouverte:

Open

Croise:

Crossed

French Ballet Terms

Introducing our TS.09 musicians

We are so appreciative of Steve Garden and his fantastic acoustic Jazz duo called 'Trip' for use of their music for our TS.09 videos and tutorials. TRIP specialise in performing a mixture of Jazz standards, Gypsy swing and Bebop classics. Formed in 2008, Trip have performed at numerous functions and events, these have included the Gala charity day at the 2014 and 2015 **Chelsea Flower shows**. Trip also make regular appearances at Hugh Fearnley-Whittingstall's River cottage HQ restaurant. **Steve Garden** is a versatile and highly accomplished professional Guitarist with over 30 years playing experience. Steve has toured extensively throughout Europe and has been involved in a number of successful Jazz projects. As well as continuing to write and record original compositions, he's also in high demand as a professional Guitar teacher. You can enjoy more about Trip here: <https://www.facebook.com/TripGuitars/>

This Weeks Comp! Win A STUDIO T Shirt!

A quick 20 question quiz based on the TS.09 issues, videos, and tutorials. Download a copy from our website and email your answers to: office@thestudiodorset.com by the end of Sunday.
GOOD LUCK!