

IRIE! dance theatre

IRIE! dance theatre in partnership with Lewisham Council London Borough of Culture (LBOC)

L BOC Bop - Education & Community Resource: **DANCE**

Ideas for extending L BOC Bop - **Information Sheet**

Introduction

IRIE! dance theatre has created a signature movement sequence for LBOC 2022. Lewisham's own signature sequence is designed to be performed as a fun, collective shared experience across all age groups and abilities. The simplicity and flexibility of the movement material will enable local people and their families to celebrate events and achievements throughout the year of culture and beyond.

Many of you will have the opportunity of an IRIE! tutor in your school or venue to teach the Bop. Others, will learn from a friend or family member or from links made available on line. The Bop is contributing to the boroughs '**we will be happy here**' theme.

A soundtrack has been specially created for the Bop, which celebrates our diverse communities. The movement sequence will be learnt and extended in schools to be performed live and/or be filmed to be screened as part of Borough of Culture.

What is the L BOC Bop: The Bop is a short sequence of movement 6 x 8 counts done in a 4/4-time signature. We are using 8 counts to break down the structure of the music. The sequence is around 30 seconds in length. The sequence ends with a quarter turn of the room (turning to the right) each time, and is continually repeated.

A few key words and description to help with the creative process

Repetition	The movements are designed to be repeated. Don't be afraid to repeat what you have created. Repetition often helps young people to remember the dance. It is also a good connector with an audience. You might want to structure your dance like a song verse, chorus, verse chorus.
Direction	Be clear about the direction you want the group or individuals to travel. For example, you might want the entire group to start in

	<p>the middle of the space, then all turn to the right and move to the front of the space at the same time.</p> <p>Be mindful of the pattern you are creating in the space or on the floor.</p>
Gestures	<p>Gestures are important to express meaning or ideas you want to communicate in your dance. (In the Bop, we are communicating fun and celebration). We do this by gesturing with our arms, claps, movement of the torso etc. The head and facial expression is useful too. Sometimes the addition of costumes and props can help to amplify gestures, especially with the upperbody.</p>
Focus	<p>Think about where in the space you would like the young people's attention to be at any one point in the dance.</p>
Images	<p>It is helpful to use imagery to help young people imagine and clarify the intention of the movement or sequence. I.e. Imagine you are moving your arms like the waves in the sea.</p>
Dynamics	<p>How would you like the young people to move in the space? Fast; slow; sudden; flowing; changing levels & directions.</p>

The following are basic ideas to support when extending the Bop.

Theme	Description
Stepping Together	<p>Using the basic structure of the Bop. If possible, split the class into small groups (say 5 or 6 children in each group). Allow each group to create their own movement sequence. They should keep the movement as basic as possible. As they will need to remember their sequence and where possible demonstrate it to the rest of the class. If they are confident enough, they will need support to teach their moves to the rest of the class. It would be wonderful if all the groups were able to add their own move to the dance.</p>
Advance & Retreat	<p>Advance – Move Forward Retreat – Move back</p> <p>Example: Form 2 equal lines, around 2 feet apart, with each line facing each other.</p> <p>Group 1: Starting on the R-leg take 4 steps forward finishing by tapping the L-heel on the floor in front; using the same leg to step back for 4 steps, placing the R-leg together.</p> <p>Group 2: Repeat</p>

	<p>After group 2 finishes</p> <p>Group 1 & 2 Repeat the same as they move towards each other.</p> <p>As the lines move to meet each other, you might want to add another 4 steps asking each person in one of the lines to make space so those in the opposite line can step through with every one slightly shifting their R shoulders – they will pass each other with a slight spiral – back-to-back.</p>
<p>Short Balance & Short Balance</p>	<p>Short Balance = (Starting on R or L) Step side together, side together.</p> <p>Long balance = (Starting on R or L) Step cross step together and repeat on the other side.</p> <p>Step One – Short Balance x 4. Step Two – Long balance x 4.</p> <p>On a long balance, if you have people moving opposite ways, on the final step they can open their arms as though they are going to embrace each other on the 4th step.</p> <p>Add short and long balance together and repeat four times.</p>
<p>Circle of Connection</p>	<p>Everyone standing in the space moving gently to the rhythm. (2 set of 8 counts)</p> <p>Each person will allow the movement to build in their bodies. Using 3 or 4 lead people. They will take the hand of enough people to form 3 or 4 independent circles (2 set of 8 counts), (this would have been previously set. So, the young people know where they are going).</p> <p>Each circle will open as wide as possible, still holding hands, then they will move together for 8 counts to the centre of the circle.</p> <p>The lead person from one circle will link with the lead from another and so on until one large circle is formed. The group can create or repeat a previous sequence, where everyone is moving together.</p> <p>Example: Start in the circle, All moving around to the R or L keeping the shape of the circle, adding your own movement as you go. Two lead persons, breaks the circle to form two lines, one moves around to the left and the other to the right heading to the back while the others follow creating a crescent.</p>

Happy to be Here	Ask each young person to do a movement that make them feel happy. It can be as rhythmical or as abstract as they want. You might want to give this section a feel of celebration, fun, carnival. This could present anywhere in the dance; beginning, middle or end. Using lost of gestures creating a procession that might take you off stage.