



Getting Ahead – Summer Work

#BrockFreshers

Dance Level 3 Subsidiary Diploma (equivalent to one A Level)

Musical Theatre Task:

Musical theatre over the years have developed the way dance breaks and routines explore and convey a story, from the classical dance breaks of Rogers and Hammerstein to the dance led numbers of contemporary musicals.

Find your favourite number from a Musical of your choice, start looking at the routine and try breaking it down to find how the moves tell the story of the number/connect with the words. Then try to interpret the same routine in your preferred style of dance and write a short description on a word document how your moves would convey the story of the piece.

Here is a choreographed piece from Hamilton, taught by the show's choreographer <https://www.youtube.com/watch?v=VmYTsOrnWPO> – This is a short breakdown and an example of the exercise above.

Choreography Task

Following on from the Freshers Day Video. Using any style of dance you want, choreograph another 8-16 counts on the end of the routine for you to bring with you in September.

Reflection Task

Before we start in September, I would love to get to know why you are passionate about dance. Write a short essay on word on the following points:

- What was the first piece of dance you saw live/recorded that moved you emotionally and why?
- What is your preferred style of dance?
- If you could cast yourself in any show, what show would it be and what part would you choose and why?

Body Conditioning

To help you get ready for September, try following some of these dance workouts to increase a dancers stamina.

- Dancer Body Sculpt: <https://www.youtube.com/watch?v=WRsRH4rbJKE>
- Dancer Thigh Sculpt: <https://www.youtube.com/watch?v=8FA8v1BhPQE>
- Fully Body Dancer Sculpt: <https://www.youtube.com/watch?v=euT1bF3KIE8>
- Ballet Leg Workout <https://www.youtube.com/watch?v=bOU86TKXyD0>
- Ballet Abs: <https://www.youtube.com/watch?v=Ni1wNEdGtos>



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Flexibility will be an important factor when preparing for this September, try following these videos below as an addition to your stretching routine.

<https://www.youtube.com/watch?v=qULTwquOuT4> – 30-minute beginners stretching for flexibility

<https://www.youtube.com/watch?v=l6sgWVu3V2I> – This one is a little more intermediate, however has modified moves to use to stretch for to train flexibility of the legs.

Always make sure that you do an appropriate warm up before you attempt a stretching session.