

Episode 23: BFF: Best Friends Forever

Clip: The Music in You

Activity: Music for Dance

Theme: Dance Skills

Elements of dance: **body, space, time, dynamics**

1. As a class, view the clip, *The Music in You*, where Hip Hop and Contemporary moves are blended together and danced to a sound track with strong underlying beats. It shows that dance from one style or genre can be performed to music from another style or culture.
2. Have students complete a warm-up session. Introduce students to various movements from the two dances highlighted in the clip. These movements could include: gallop to the side, a slide forward, a barrel jump, cartwheel, a drop and roll, step hop, high kick, chest pop, twist, body roll, and arm movements. Choreograph the movements so that the students can perform comfortably and safely given your floor space and number of students into a short sequence.
3. Have students rehearse this material until they are performing it confidently to one piece of music. Mix things up by having them perform the same sequence to different tracks with a similar beat and tempo. Some Latin music works for this as will different pop tracks. Try some music from sound tracks: Hans Zimmer writes music that can have the right dynamic – *Mission Impossible* (2000), *Gladiator*, *The Last Samurai*, *Pirates of the Caribbean*, *The Island* (Steve Jablonsky) is also good.
4. After the activity, have students reflect on how the different musical scores affected their performance. Have them evaluate which score they preferred and why.
5. Ask students to complete **Student Activity Sheet E23.1: Music for Dance**.

Download

- Student Activity Sheet E23.1: Music for Dance

Useful resources

- Ausdance Video Segment 4- Safe Warm Up, Basic Contemporary Dance
- [Ausdance Factsheet 16: Caring for the dancer's body](#)
- [Ausdance Factsheet 7: Safe dance floors](#)
- [Ausdance Factsheet 13: Safe spaces for dance](#)
- [Ausdance Factsheet 11: Producing a dance performance](#)
- [Soundtracknet](#) have information on the composers of film scores and offer the opportunity to purchase copies of the music.



NAME:

Student Activity Sheet:
Activity:

E23.1
Music for
Dance

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Clip: The Music in You

Music for Dance

Student Name: _____

1) Write down the names of the songs you danced to today, in order below.

2) Which song felt the best?

3) Why?

4) Which song didn't feel like it worked?

5) Why?

Pick another song that you didn't mention at question 2) or 4) and state how it influenced the way you moved.

