

# Previous Example SpiralArts Projects

## A. FINDING EMOTION THROUGH MOVEMENT

### Workshop at The Actors Centre (London) July 2004

The focus of this physical workshop for actors was on finding the natural energy and true physical source of emotions, such as joy, anger and sorrow. Improvisation and structured sequences were then used to take these emotions into physical theatrical expression.

## B. EXPLORING CHOREOGRAPHY AND DRAMA IN RELATION TO SINGING

### Summer Workshops for Year One Singers at the Guildhall School of Music and Drama

(A one-day and two half-day sessions, July 2004)

#### Aims:

To use dance/movement, choreography and drama to explore and enhance the content and environment of the songs the students sing

To give singers a chance to express themselves creatively and interpret the music through dance and drama as well as voice

To explore the emotional content of a song

To orient the piece in space – spatial awareness

To find the integration between these performing arts

To find out how effective it is to use dance/choreography and drama while singing

To enhance the creative and physical health of a singer

To work towards a short piece ready for performance

spiralarts  
dance theatre  
company

#### Course Content:

Each session begins with a warm-up for the body (from a more gentle approach with emphasis on the breath to a stronger physical preparation).

#### Session One (Half-day)

Exploration of spatial awareness, and sensitivity to others through various exercises

Testing different ways to enter a platform before singing

Discussion of emotions and mood, and how they manifest through the body

Exploration of relationships - communicating with each other at a distance and close together, through improvised movement.

Discussion of the feeling, content and emotion of a particular piece of music

#### Session Two (Full Day)

Morning:

Work on a chosen piece of music, including staging and choreographing the piece.

Afternoon:

Work on a second piece of music. Solo dance improvisation.

Dance improvisation in partners,

followed by time to further choreograph the improvised duet.

#### Session Three (Half-day)

Work on a selected song, including group choreography to reflect and enhance the feeling of the piece. Integration of the singer into the choreography, including moving and connecting with each person in the group through voice and/or dance.

## BENEFITS AND OUTCOMES

This course gave the participant singers the chance to:

express their own creativity and ideas about the songs they sing

explore new possibilities and ways to stage a song

experience the power of integrating bodywork, dance and emotional expression with their singing

bring new life and joy to what they do, revealing the importance of embodying their work and allowing them to engage fully with the music they love