

DanceSpinner



“ A wonderful creative tool for both professional and student choreographers and dancers. DanceSpinner is not only fun and simple to use but can also help to develop and challenge the most accomplished choreographers work. ”

Matthew Bourne
Director Matthew Bourne's New Adventures

HOW TO GET STARTED.

ONE

Start simply - spin 1 arrow the action wheel.

TWO

Use the words to help you make movement.

THREE

Repeat this at least 5 times, linking each movement to the next.

FOUR

Practice your sequence and perform it to someone else.



RHYTHM AND MUSICALITY.

Use the music symbols to create simple and complex rhythms and apply them to your phrases.

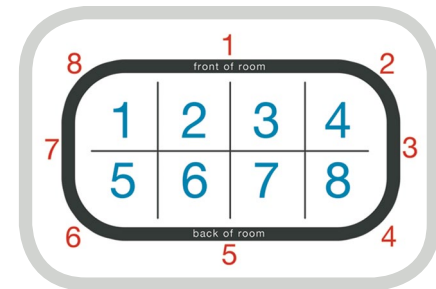
You can also use the colours to add levels to your dancing.
Light colours = High
Dark colours = Low



WANT SOME IDEAS OF WHERE TO PLACE YOUR DANCE?

Imagine your room like the grid opposite.
Spin the number wheel twice.

The 1st number tells you where to stand, the 2nd number which way to face.



FEELING CONFIDENT?

Spin 2 arrows
The action and direction wheels.

WANT A BIGGER CHALLENGE?

Spin all 3 arrows.

TRAVEL MORE / CREATE A FLOOR PATTERN.

Use the direction wheel on your existing phrase.

MAKE CONTACT.

With a partner spin the body part wheel twice.
Use the suggestion to join together.
Spin the direction wheel, try to keep contact as you move.



DEVELOP YOUR PHRASE.

Challenge yourself and use the letter wheel to add dynamics to your movement.

DanceSpinner is a creative tool, be imaginative and invent your own rules to find new ways of using it.

To get yours visit
www.dancespinner.com