

# Sharp and Smooth. Strong and Light.

For Kairos Alive at Ebenezer Apartments in Minneapolis, MN.

Ages 75+

November, 2019

## Summary

Explore two contrasting force concepts (smooth and sharp) with different weights (strong and light). More detail in Chapter 2 of *Brain-Compatible Dance Education* by Anne Green Gilbert.

## Materials

Circle of chairs. Music player. Microphone, or loud clear voice.

Music:

**Track 1:** Desafinado, Antonio Carlos Jobim (2:44). [Apple Music](#), [Spotify](#)

Smooth horns and strings, flute and piano join later. Allegro @ 140 bpm. Could count 1/2 time Adagio @ 70 bpm.

**Track 2:** Try a Little Tenderness, Otis Redding (3:21). [Apple Music](#), [Spotify](#)

Slow build. Organ, high pitched percussion, punchy horns. Andante @ 100 bpm.

**Track 3:** Proud Mary, Ike & Tina Turner (4:57) [Apple Music](#), [Spotify](#)

Starts slow and chill. Moderato @ 100 bpm. Speeds up halfway through. Vivace @ 167 bpm.

**Alternate Track 3:** Mother Popcorn, James Brown (3:16). [Apple Music](#), [Spotify](#)

Beware, this song is about butts. Repetitive, percussive horns and drums, the singing is raw but smooth. Allegretto/Moderato @ 117 bpm. ([Live performance with James Brown singing and dancing.](#))

## Learning Goals

Dancers will:

1. Show the qualities smooth, sharp, strong, and light.
2. Improvise and imitate movements.
3. Move with different parts of their bodies. (Hands, feet, arms, legs, waist, shoulders, head.)
4. Experience community by moving in unison and dancing in relationship to each others qualities of movement.

## Lesson Progression

Guide through the following sequence of qualities as the tracks play through:

1. Smooth and light. | Suave y ligero. (1.5 min)
  - a. Head and shoulders.
  - b. Glide with your arms. Front, side, up and down. Straight lines into the space. Curved lines into the space.
  - c. Let your spine get involved, moving smoothly and lightly.
  - d. Slide your feet out and away, out and away.
2. Light and sharp. | Ligero y agudo. (1.25 min, until the end of Track 1)
  - a. Tapping each foot en croix, 4x times
  - b. Tapping feet out and in. Side to side.

- c. Like the paws of a cat playing a tiny drum.
- d. Add in the shoulders and hands. Stay stepping and tapping.

*Take a little rest at the beginning of Track 2.*

*Guide participants to brush their clothes. Thighs. Knees. Shoulders. Arms.*

3. Smooth and strong. | Suave y fuerte. (1:45 min. Percussion comes in after 1 MIN)
  - a. Feel like you are feeling honey on your body.
  - b. Press front, side to side, up and down.
  - c. Linger.
  - d. Carve through the space like you are touching a curtain
  - e. Opening and closing your arms, stretching out a little more each time.
  - f. Move with your spine and lungs.
4. Strong and sharp. | Fuerte y agudo. (Through the end of track 2.)
  - a. Keep moving side to side gently with your spine and lungs. Add percussive and staccato shoulders. Alternatings, 4 and 4 to each side.
  - b. Drums come in again and start growing the movement larger.
  - c. Punching. Flicking you hands.
  - d. Stomping your feet.
5. With this last song, mix the qualities together. Smooth, sharp, light, and strong.
  - a. Go with the music and against the music.
  - b. Copy a few people in the circle and try their moves emphasizing different qualities.
  - c. Option to stand
  - d. Find a partner, or a couple of partners to dance with.
  - e. Copy their quality. Or, move with a different quality.

## Queues

Call out and model movement.

Name what people are doing.

Pay attention to different parts of the body:

- Top, bottom.
- Both sides.
- Feet and hands.
- Shoulders.
- Middle body.
- Knees.