

Basic Choreography Moves – Cindy Hansen

10 basic moves that can be performed by any chorus member that will enhance the singing presentation.

Introduction / Objectives

- Learn 10 basic Chorus moves that any individual can do with any level chorus.
- Learn common terms used in chorus visual plans
- Understand Focal Points that are the most common used and most effective.
- Learn how to apply moves to personal performance
- Learn how to teach these techniques to others
- Learn to assemble a simple visual plan for a show song

Agenda

- Basic Moves
- Application of Moves
- Focal Points
- Common used Words
- How to Combine

10 Basic Moves

- Power Spread
- Chorus Spread
- Swipe
- Side To Side Step
- Step Together Step
- Heel Sway
- Chuck
- Squat
- Star Burst
- Press - Lean

POWER SPREAD

• Position outside hand, elbow, chest, toe, knee, and body at Director or DTT (down the tiles). Bend knees and set all parts of the body in position with strength and power. Body weight centered, slowly press forward on outside foot. Lift arm slightly with movement from body and legs not the hand. **ENERGY!**

CHORUS SPREAD

• Barbershop Spread

• Slight step to the forward outside position. Weight should be centered over the outside foot. While the weight moves slightly to the outside, arms should pull away from the body and lift toward a selected location. Forward arm lifts higher than inside arm. Back hand used as a balance.

SWIPE

• Power Spread with Movement.

• Do the power spread position without pressing forward. Add motion or direction to the position. Direct your audience where to look, add a point, open the hand, or body angle and weight to add dimension.

SIDE TO SIDE STEPS

- Used as walking in place - marching - stroll, to show tempo in a song. Shift weight from one foot to the other, keeping the weight centered over the body. Keep the body tall and straight. Usually the toes are kept on the risers and the heels are raised slightly to make it look like movement without jerking the body and getting in the way of the smooth singing and solid, consistent, sound. Arms natural at side of the body - swing.

STEP TOGETHER STEP

- Lift one foot slightly and move it 2-3 inches to the same direction of the foot (Rt-Rt or Lt-Lt). Weight should move over the foot as the foot is moved. Keeping energy tall and centered. Repeat the same with the other foot so that the movement continues. First one direction then the other back to the original position. Continue to match the music and tempo of the song. End in chorus position.

HEEL SWAY

- Keeping your toes connected to the floor - starting in RCP (regular chorus position) lift one heel and move it the same direction of the foot about 1-2 inches. Then follow the movement with the other foot in the same direction. Reverse the position and in the opposite order. (Rt-Lt-Lt-Rt). Allow the weight to swing with the movement. Keep upper body tall.

CHUCK

- Safe Move
- From RCP bring both hands up to the center of the body with energy. Cross hands at the wrist about wrist height and snap them apart to hip level, keeping a bend in elbows and palms flat to the floor. Should end up about shoulder width apart. Keep bend in knees for power and press. Lift outside foot and step into this move for more power. Keep weight center until the press and then use the knees to get movement.

SQUAT - BBS SIT OR DROP

- Start in RCP, drop butt 3-4 inches directly downward toward the floor. At same time bring hands up and place them on your thighs, just above your knees in a natural position. Keep shoulders and trunk of body upright. Lift weight as you prep into the move. There should be an upward lift prior to the set of the position. You can also step into this position.

STARBURST - FIREWORKS

- Bring hands up to center of the body crossing wrists at chest level. Close hands into a fist position as they cross at wrists. Pop hands open, palms to the audience, and lift hands above head as they uncross with fingers spread. Pull hands about shoulder width apart above head. As you begin to return hands with energy to sides of the body. Press and energize the move as you bring the arms down the side. Keeping hands close to body.

PRESS - LEANS

- Starting in Regular Chorus Position (RCP) with weight center over feet. Simply shift weight over the outside foot lifting body - chest as you move forward. When you press forward you can also SWELL - expanding the body from the mid-section. When you return you can also go backwards pass center for new effect.

VOCABULARY

- RCP - Regular Chorus Position
- DTT - Down The Tiles
- OS - Outside (arm or leg)
- IS - Inside (arm or leg)
- Prs - Press
- 2-10 - Time on the clock for body positions

FOCAL POINTS

- DTT - to Audience
- Director - RCP
- 2 o'clock
- 10 o'clock
- 12 o'clock
- Sweet Spot
- Big X
- Freelance

Summary

- You have now learned 10 basic Chorus moves
- Terms that you can use in talking with your chorus or writing out visual plans
- Focal Points and terms
- How to put all of these together in a simple and successful presentation.

Where to get more information

cynthiakhansen@aol.com

Home & FAX 210-545-4790 Cell 210-269-9954

14215 Butlers Bridge, San Antonio, Texas 78232 USA