

EXPRESSIVE USE of OFF-AXIS MOVEMENTS

Class Warm-Up Activity

- 1. Human Colgada**
- 2. Blues Falling Trust Game**
- 3. Interrupt Step**

Initial Group Discussion

- 1. Do you teach off-axis movements?**
- 2. If no, why not?**
- 2. If yes, when do you connect them to the music?**

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We consider these added dimensions of expressive musicality

They are an extension of our basic form of how we communicate

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In Specific

Expansion of our open & close embrace concepts & structures

Aesthetic (Look & Feel), Musical, & Functional Uses

‘Melodic’ & ‘Rhythmic’ kinds

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‘Melodic’ & ‘Rhythmic’ kinds

‘Melodic’ - taking more than two strong/walking beats to complete

‘Rhythmic’ - starting and ending in two strong/walking beats

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Teaching Hints

**Create a PLAYGROUND environment & establish TRUST:
“This is a playful thing to do!”**

Don't immediately address posture & alignment

Talk Less & Do More

Develop Concepts after Game, Exercise, or Pattern Introduction

Do Pattern with “No” Off-Axis Movement First

Define ‘Melodic’ or ‘Rhythmic’ musicality upon pattern creation

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Concept Examples

The Golden Parachute (as early as possible)

No Telescoping (on Leader's Open Side)

Hug & Lift (Volcadas)

Line of Power (Colgadas)

Half-Ass Hollow-Body (Volcadas)

Hips Under Ribs (Colgadas)

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Our Work Today

**Break Up into 5 or 6 Groups
Have Observers and Doers**

Walk-Thru & Catch

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**Transitions of Embrace with 'Melodic' Side-Step to Pugliese
(no Colgada & with Colgada)**

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'Rhythmic' Leg Wrap from Cross (functional use of Colgada)

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Korey Surprise

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Adv Musicality - 'Melodic' vs 'Rhythmic' Volcadas to Rodriguez