

LARKSPUR

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DANCE & CHOREOGRAPHY

Improving and Enhancing Routines

Transitions:

- Transitions are the things that happen between the “events” in a routine
- Transitions are also formation changes
- A routine should flow and not be a series of starts and stops
- The dancers on the floor should always be doing something: dancing, creating a picture, adding interest
- Pay attention to what occurs before and after events such as lifts, turn combos, big pictures or ripples.
- When changing formations, take advantage of the opportunity to create a picture
- Formation changes should be natural and focus shouldn't be pulled with an awkward traffic pattern
- Keep it musical...arms and feet should match what's going on in the music

Levels and Directions:

- Utilizing levels and facing different directions creates dimension and interest
- Too much dancing en masse only hits one note. Adding levels and directions hits many.
- Levels and directions should be dictated by the formation shape. Study formations (on paper is helpful) and find ways to add interest

Groupwork and Staging:

- Staging should be symmetrical (kind of)
- Staging should be musical
- Groups have to connect with each other and create a big picture
- Ripples and rollofs are visual and effective

Highlighting Skills:

- Use it if your team has it, even if it's only one or two members
- Use accents in the music or lyrics and “punctuate” it with a skill
- Any of the following could be highlighted: leap, jump, turn, flexibility, balance, acro, tumbling

Video Examples

James Brown Jazz:

- 3rd out of 14 teams in D6 “Dance,” scoring 277
- Good use of levels
- Staging used lots of groups, very little en masse
- Created lots of shapes and visual interest
- Highlighted skills
- Musicality

Beyonce Pom:

- 2nd out of 9 teams in D2 Pom, scoring 281, beat by a team with more tech & skill by only 2 points
- Effective use of levels
- Danced through transitions
- Used any skills we had
- Kept it “simple” and visual

Pirates Jazz:

- Shapes created throughout entire routine
- Seamless and effective transitions
- Highlighted skills added interest and layers
- Visual use of levels
- Concentrated on musicality

Hush Jazz:

- 1st out of 9 teams in D1 Jazz, scoring 275
- This was a collaboration. Team members choreographed, we just tweaked it and added staging, levels, formations, transitions and skill highlights
- Formations and transitions were important for creating shapes and visual pictures because skills and technique were limited

Dave Matthews Jazz:

- 1st out of 9 teams in D5 Jazz, scoring 287 points
- Thoughtful staging created visual package
- Effective use of levels and highlighting of skills
- Musicality
- Added interest with shapes, partnering
- Seamless transitions

Land of 1000 Dances Pom:

- 1st out of 7 teams in D1 Pom, scoring 266 points
- Very limited on tech and skill so the following was utilized extensively: shapes, pictures, musicality
- Levels and different directions added a ton of visual interest
- Took advantage of transitions (form changes) to create shapes

Hip Hop:

- 1st out of 4 teams in D3 Hip Hop, scoring 276 points. Won by 24 points
- Created pictures with formations and levels
- Staging was always visual
- Concentration on musicality
- Kept it fun and visual with tricks the team could perform successfully