

# HIGHSTORRS DANCE

BRIDGING THE GAP 2019–2020

## Preparation for practical lessons:

*Please do these exercises at least 4 times a week over the summer holidays in order to be ready for technique and creative classes*

- 50-100 Crunches and Sit-Ups
- 25 push ups
- Held Plank position for at least 2 minutes
- Deep Muscle stretching
- Turn out exercises
- Foot exercises



## To support your critical engagement:

- Watch dance clips online
- Try to watch a live performance of dance.
- Watch as many Rambert dance videos.
- Research and watch American Jazz theatre
- Research at least two of these choreographers and their works; Christopher Bruce, Richard Alston, Gene Kelly and Bob Fosse



## Essay 1.

Discuss how Christopher Bruce approached the choreography of Ghost Dances.

(700 words)

## Essay 2.

Discuss Gene Kelly's contribution to American Jazz in theatre and film between the era of 1940-1975.

(700 words)