

LUDUS DANCE

STATE OF FLUX

CREATIVITY PACK

state of
FLUX



About Ludus Dance

Moving to make art that matters, our mission is to inspire, engage and empower people through dance.

Ludus Dance uses dance as a tool of expression and trust, building on strengths and recognising potential, to change and enhance people's lives. Working across a wide range of social, educational and mental health and wellbeing settings, and especially with children and young people who have limited access to high quality experiences, we create vital opportunities through work that is bespoke, collaborative and inclusive.

As an Arts Council England (ACE) National Portfolio Organisation (NPO), we are entrusted with reaching as many people across Lancashire as possible in our key social groups and developing new audiences through fresh, ambitious, high quality work.

About State of Flux 2.0

Funded by BBC Children in Need, State of Flux 2.0 is a project using art, through dance, film and music, to support skills development, reduce social isolation and develop greater self-worth and personal aspiration in young people who are experiencing difficulties with their mental health.

As their journey continues the aim of State of Flux, is to build on this self-worth and aspiration, allowing the young people to find their fit in society and enhance their sense of value and meaning.

Dance

Creating a TV dance

This week's task will allow you to create a dance solo from a TV programme or YouTube video!

You will need:

- Access to a TV programme / YouTube video
- A space to move in with no obstructions
- Pen and paper (optional)
- Access to music (optional)

STEP 1 – SELECTING A TV PROGRAMME / YOUTUBE VIDEO

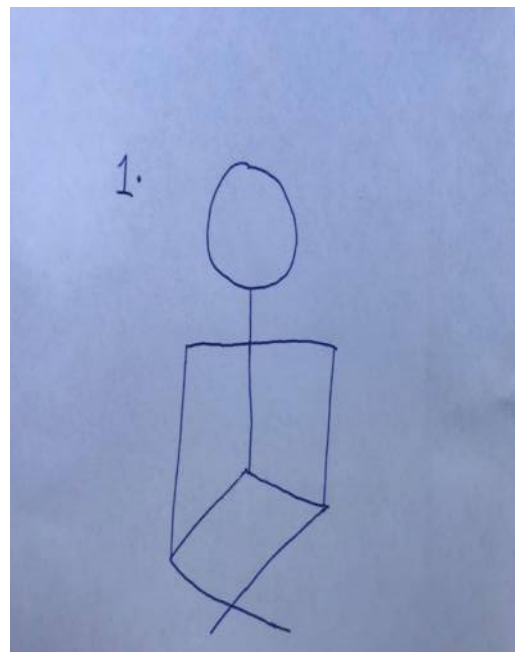
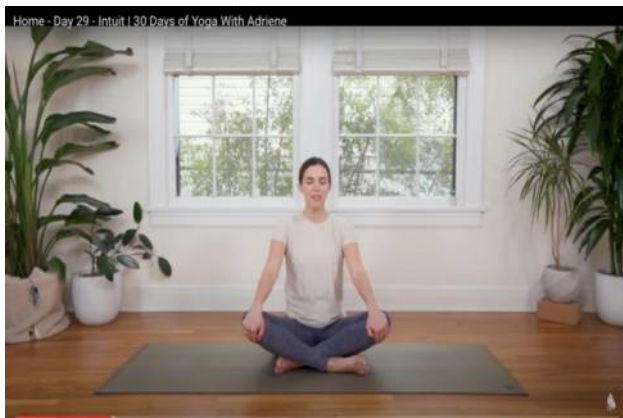
- It is important to select a TV programme / YouTube video which features real people
- If possible, select a TV programme / YouTube video where the people in the video move around rather than remain still
- It does not matter the length of the TV programme / YouTube video

STEP 2 – STUDYING THE PROGRAMME / VIDEO

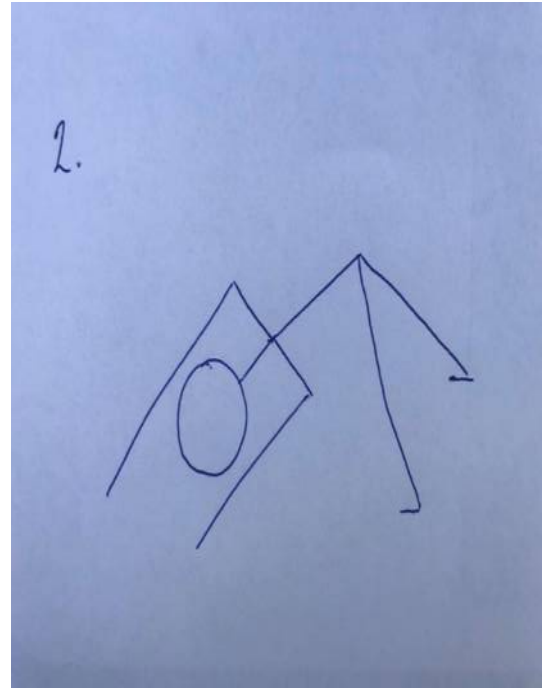
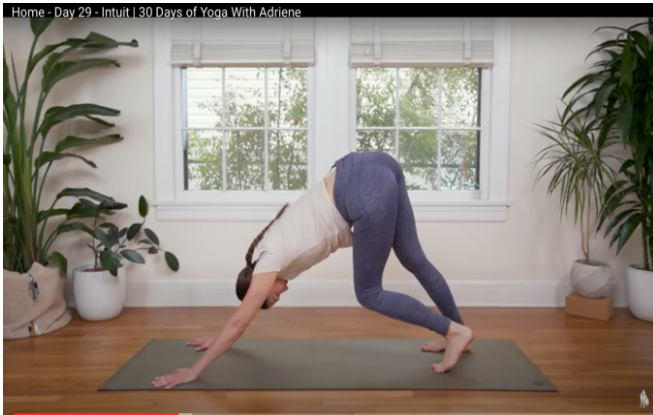
- The next stage is very simple you are going to select a 2-minute section from the programme or YouTube video. It doesn't matter which section you choose, however if the section features lots of movement that would be fantastic!
- During the 2-minute section you are going to pause the video 5 times in total, when you pause the video is completely up to you
- Each time you pause the video you are going to recreate the position of one of the people featured in the video. It doesn't matter if the position is simple or if it's a really complicated position!
- If the people in your video do not perform enough varying movement then you can extend your selected section until you see enough interesting movement.
- TIP: To help remember the 5 position's it can be helpful to draw stick people in the same position as the paused video

EXAMPLE:

Frozen image No. 1



Frozen image No. 2



STEP 3 – CREATING THE SOLO

- Creating the solo is very simple, in-between each frozen image you are going to add in movements which will allow the frozen images to link together
- For example: I will start my solo in the same position as frozen image No. 1 (pictured above). I need to find a way to move into frozen image No.2, I could do this by adding in one of the following movements:
 - Roll
 - Jump
 - Turn
 - Collapse
 - Shrink
 - Grow
 - Slow-motion movement
 - OR anything that you create, don't be afraid to think outside the box
- Practice your solo until the movement is fresh in your mind and body
- You can now try setting your movement to a song of your choice. If you want to be very experimental you could try performing the solo to the audio from the programme / YouTube video, you selected

Music

SOUNDTRACK: MUSIC SPOTTING SESSION FOR BEGINNERS

Music and sound are crucial elements of every TV show, film and videogame. A lot of the time these go unnoticed – just ask yourself how many times do you watch something and the sound of a door closing jumps out? On some occasions, the music becomes a central feature. Imagine a Star Wars or James Bond film without those iconic themes as the heroes scramble to save the day!

You will need:

A mobile, tablet, computer or other device with TV/YouTube access.

Something to write notes on.

STEP 1: Listening & noticing:

During the production of most shows, films and games, the director and music composer will meet to go through the kind of ideas that will get the best results for each scene. This might involve talking about the style of the music, sections of no music or sound, or using pre-recorded music such as a well-known song instead of a newly created piece. This is known in the industry as spotting and usually results in a detailed overview of how the music will feature in the film.

For this exercise, you get to be the director and the music editor! Here's how to approach the task:

- Find a clip from one of your favourite films, TV shows or video games.
- Watch the clip and actively listen to the music that is used. Make a few notes about how it makes you feel, instruments used (if you know), whether the music is fast, loud, slow, quiet and so on.
- Have another look at the clip and this time, turn the sound off. Make notes about anything that you notice in the scene, e.g. is a character speaking, what is happening, how fast does the scene change from one camera to another, how much drama is there? Ignore dialogue & sound effects at this stage.

STEP 2: Finding your version of a soundtrack:

Now it's your turn to spot the scene!

- Look at your notes from above. What did you write?
- Use those words to search for music that matches the tone, emotion, speed or sense of drama.
- Try a few options – they don't have to be a perfect fit, but the aim is to find a close match.
- Now for the reveal! Once you are happy that the piece(s) you have picked work for the scene, hit play. Quickly go back to the video and hit play, and watch the scene (with audio muted) to see how it plays out with your choice of music. Does it work well? Perhaps even better? Or not at all? If the latter, try a few other ideas until it clicks into place, or perhaps try another clip that might be easier to work with.

Extension:

If you have software to edit sounds and access to this, you can record your version of this alternative soundtrack. Try Audacity as a free music editing tool for this (audacityteam.org – tutorials and information is on the site to help). There are also plenty of sites that offer free music downloads to use.

Film

Introduction to Stop-Motion Animation

This week's filmmaking task is an invitation to create your own stop-motion animation film using close-to-hand objects. We'll be turning those objects into characters and then using an app to capture a sequence of still images that will lead to a short sequence of animation.

Stop-motion animation is a really accessible form of filmmaking and creates a certain magic when we bring everyday objects to life. The technique has been used since the early days of cinema and is based on a series of still images being put together to create the illusion of movement. It can be a very playful form and I hope you enjoy it.

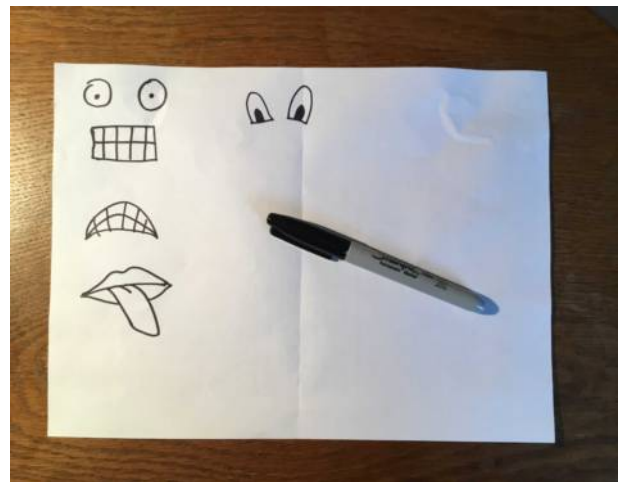
You will need:

- Pen
- Paper or cardboard
- Scissors
- Sellotape or blu-tack
- A tablet or smartphone
- Stop-motion animation software (there are lots of free options available. I use 'Stop Motion Studio' from the App Store)

1 - Find a couple of objects that you'd like to turn into characters. These could be any household objects, like a piece of fruit or a pot.



2 - Draw some facial features. Using pen and paper, draw and then cut out a pair of eyes and a mouth for each character. You could draw a series of mouths with different expressions, if you like, as these will give you more options for playing with your character's reactions when we animate.



3 - Attach the facial features to your object using sellotape or blu-tack.



4 - Create a stage for your characters. This could be any table-top or clear, blank surface. You could even draw a background, if you like.

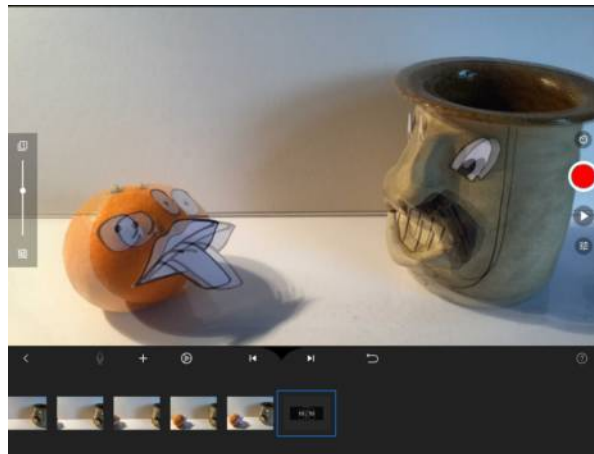


- 5 - Set up your camera or digital device. Make sure that it is in a position where it will remain still and stable. Ensure that the camera fits your 'stage' in the frame.
- 6 - Begin to take a series of images, in which you move your characters a small amount at a time in each frame. This is to make sure that the movement is as smooth as possible. In regular film, usually it takes 24 frames to make one second of footage, so even a 5-minute film involves a huge amount of images! There is usually an option in the app settings in which you can choose how many frames make up a second of footage. E.g. 12 fps (frames per second) will mean that it takes you half as many frames to create a second of film as 24fps.



TIP! - Most animation apps offer an 'onion skin' effect in which you can see a layer of the previous image behind your new one. This will help you to focus on creating a smooth and consistent series of images to create movement. Watch the frames back as you go to see how it looks!

Play with your characters and see what you can make them do. How do they move? How might they interact with each other? If you've made more than one mouth, perhaps they can change their facial expression when they react to something.



- 7 - Take enough images to make up 10 seconds of animation. Introduce other bits of scenery, if you wish.
- 8 - Create a soundtrack (Optional) Once you've finished your visuals, you can add in sound effects, recorded words or music. Some animation apps have a bank of ready-made sounds that you can add in, or you can even record your own!

If you feel comfortable to do so please share you work with us.
We would love to see what you create as well as hear about how you've found the experience.

To send work to us please email:

laura.worden@ludusdance.org

Please also spare us 5 minutes to complete this survey and tell us about your experience

<https://uk.culturecounts.cc/s/354VSP>
