

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

Poetry

It's hard to deny the beauty of poetry. Words strung together like magic that roll off the tongue but make us feel things and see things we didn't think a few words could. Poetry is all around us, in songs and raps and MC lyrics, they're simply a classical version of our contemporary loves.

Poetry is used to tell stories and express feelings, much like dance, therefore in today's task we will be exploring the ways that poetry can make us move. We will then use our discoveries to create a solo or duet.

You will need:

- A partner (optional)
- A pen / highlighter
- An internet connection and access to an app with music e.g. Spotify, Apple Music, Soundcloud or YouTube
- A device to play music from

"September 15, 2017" by Young Sang Lee

Our dreams are smoke signals.
Our words are fireflies and skinless grapes.
When you prick us, we bleed photons.
When you tickle us, we multiply and divide.
We were born upon heat-pregnant streets;
our other mothers moulded us from palm leaves
and cloud wisps and faded Polaroids.
Our songs are wolf howls and owl screeches,
they're earthquakes and hurricanes.
Our perfume is a New Years' kiss,
it's diving naked into the Pacific waves,
it's rolling in the mud in a thunderstorm.
When you hug us, we rain from the sky.
When you leave us, we diminish and return.
We are the lies your parents told you.
We are the stories you tell yourself.
And when you close your eyes,
we are the gold coin placed inside your mouth.

Main Task:

Step 1: Analyse the poem (complete solo)

- The first thing we must do is read through the above poem. I encourage you to read through at least 2-3 times as each time you do so the poem's imagery will become more vivid and lead to better understanding of the poet's thoughts.
- I would now like you to go back through the poem and underline one word from each line. It is completely up to you which word you choose; it is whichever stands out to you the most.

Step 2: Experimentation

- You should now have 16 words highlighted in total. You are now encouraged to use these words to experiment with movement. For example, the first word I highlighted was dream. I will now experiment 3-4 times with the different way's I can interpret the word dream with my body. It might be that I dance my most recent dream, I might create a movement where I toss and turn on the floor as if dreaming, or I might lie completely still in a sleeping position.
- After each experimentation it can be helpful to write down your preferred movement next to the word, so you do not forget.
- Don't worry if you don't make it through all of your words, it is helpful to have a minimum of 8 movements.

Step 3: Choreography

- You should now have a minimum of 8 set movements linked to the poem. Now is the stage where you get to link your movements together.
- When doing this stage there are many transitions that can be used to link your movements together. You can also complete this stage with a partner, both your movements from line 1 become the first movement which you then link to your movements from line 2:

- Roll
- Jump
- Turn
- Slide
- Step
- Balance
- Lean
- Fall
- Etc

The final stage involves experimenting with music. I would encourage you to try performing your dance whilst someone reads the poem to see how it changes the way you perform; this can be really exciting!

Music

Poetry

The power of words cannot be underestimated. Whether used to bring about change, move readers emotionally or even simply communicate in our daily lives, words are the single most important tool we have as human beings. Words lie at the root of all ideas and can create images even more vivid than those captured with a paintbrush or through a lens.

This exercise is about linking words to rhythm and music. Below is a poem by acclaimed poet Benjamin Zephaniah. Read the poem first, and think about the images it conjures in your mind's eye. Have a think about the kind of rhythms in each line and also those of the musical styles he refers to – some will be familiar but others might be less so, in which case, what do they make you think of?

Everybody Is Doing It
by Benjamin Zephaniah

In Hawaii they Hula
They Tango in Argentina
They Reggae in Jamaica
And they Rumba down in Cuba,
In Trinidad and Tobago
They do the Calypso
And in Spain the Spanish
They really do Flamenco.

In the Punjab they Bhangra
How they dance Kathak in India
Over in Guatemala
They dance the sweet Marimba,
Even foxes dance a lot
They invented the Fox Trot,
In Australia it's true
They dance to the Didgeridoo.

In Kenya they Benga
They Highlife in Ghana
They dance Ballet all over
And Rai dance in Algeria,
They Jali in Mali
In Brazil they Samba
And the girls do Belly Dancing
In the northern parts of Africa.

Everybody does the Disco
From Baghdad to San Francisco
Many folk with razzamataz
Cannot help dancing to Jazz,
They do the Jig in Ireland
And it is really true
They still Morris dance in England
When they can find time to.

Benjamin Zephaniah is a poet, writer, lyricist and musician from Birmingham. Find more information about his life and work at benjaminzephaniah.com

Once you have done that, have a go at these:

Music

The poem mentions a lot of different dances, each associated with a style of music. Using a streaming service (Spotify, Apple Music or even YouTube), try to put together a playlist that includes and blends as many styles that are mentioned in the poem as possible. Experiment with the order of the tunes and which ones work well next to each other.

Writing

Perhaps you could come up with a variation on this poem. Think about places, perhaps in the UK, associated with certain landmarks, foods or TV shows. For example, you could write something like

In Blackpool there's a giant Tower,
London has a large Eye, too

See how many things you can reference yourself.

Visual Art

Benjamin Zephaniah's poem conjures up a lot of images, both in terms of the locations and the dances. Try picking a couple of these and drawing or painting some of the images that come to mind when you read the words. This could be a large picture of a group of people doing different dances or maybe just a close up of something mentioned in the poem itself. Be as creative with the idea as you want and feel free to share your work with us by emailing it to Laura.Worden@ludusdance.org

Film

A Moment in Time: Creating Haiku Films

Haiku is a short, three-line poem, of Japanese origin. Its unrhymed lines usually have the structure of five, seven and five syllables, although people have played with this format. It's not a strict rule!

The poet and comedian John Cooper Clarke wrote:

To-con-vey one's mood
In sev-en-teen syll-able-s
Is ve-ry dif-fic

Haiku often feature an image, or a couple of images, which depict the essence of a single moment in time. They might reference the natural world and the season that it's being written in. The language you use doesn't need to be 'poetic'. The beauty of haiku is in their simplicity:

the winter wind blows
the cat's eyes
blink

- Basho

WRITE A HAIKU

- Have a go at writing a haiku. Look around you and see if you can find a moment to write about. It could be something that you notice in the sky or outside, or a small event that you've observed in your immediate environment, like the way someone stirs a cup of tea.
- Think about the senses. What can you see, hear, smell, touch or taste in this moment?
- Remember that you can bend the 5/7/5 rule over three lines but the key is to convey an image in a simple way.
- Write a haiku then adapt it into audio/visual form through a 3-shot film, lasting 20-30 seconds:
- E.g. if you were to adapt the Basho poem above, you might film two shots of the wind blowing outside before a close-up shot of a cat's eyes blinking.
- Edit together the footage using an app like iMovie or Premiere Clip.

CREATE A 3-SHOT FILM

- Do things the other way around, if you like, and create the film first.
- Film a series of three connected shots, with each shot lasting around 10 seconds each.
- If you're stuck, the first shot could contain a reference to the season you're in.
- E.g. In autumn, this could be a shot of feet walking over fallen leaves; a darkening sky; or a hot mug of tea being drunk indoors.
- Then write a haiku inspired by each of your filmed images (a line per shot).
- Optional Extension: Record your words as audio and include them as VoiceOver narration. Alternatively, you could write the words as text/subtitles to accompany the images in your film.

Send us your creations at laura.worden@ludusdance.org. We'd love to see what you've come up with!

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>
