 **Choreography Rehearsal, ‘Falling Couple’**

Completed by Tom Hitchen, Choreographer

**Objectives:** To create a movement/dance routine to support the ‘Falling Couple’ image using contemporary movement.

**Expected Outcomes:** The first ‘draft’ of the movement will be blocked ready to work on intention and focus throughout the coming weeks.

**Warm Up**

* Active warm up – walking round the space working up to a slow jog, using intention and focus to pick out a destination in the room.
* Work in centre – jumping jacks, knee raises, and grapevines. Raise heart rate.
* Gentle warm up of joints – work top to bottom, contemporary roll downs releasing and engaging each vertebrae, let body weight pull you towards the ground. Roll up.
* Introduce my inspirations: Jasmin Vardimon, Mia Michaels, Frantic Assembly.
* Introduce movements that we will use in the movement routine.

**Rehearsal**

* Use movements discovered in the warm up and put them to the chosen song.
* Ask company these questions:

*Imagine looking out of a window that high up? What would you do if you saw a plane coming towards you? What would the floor feel like? Is it moving? What are you thinking about? Did they know each other?*

* Begin to see relationships within the cast and establish a structure.
* Complete unison routine.
* Choose two people to work with and create a pas de deux.
* Ask remaining company members to think about developing the routine to create a new section. This section will be a group of people inside the ‘Tower’. Starting points: tilting, stumbling, reaching, the feeling of being pulled or pushed down.
* Pas de deux and above section to be used during music crescendo.
* Pas de deux to be emotive, playful and reminiscent. This must transcend the image and be recognisable to other global or personal situations.
* Work out any transitions and work with intention and focus.
* Show Director, Stage Manager and Producer.
* Stage Manager to film.
* Cool Down.