

Dancing Through the Decades

Dancing in the 1980s



Learning Objective

- To explore and experiment with dance styles from the 1980s to create a sequence for performance.

Success Criteria

- To explore the movements of social dances performed in the 1980s, discovering them practically in the body.
- To develop choreographic skills, linking and using these set phrases to create dance sequences.
- To perform a 1980s-inspired dance sequence.

Contents

Introduction to the 1980s: Placing
the Lesson in Context

1980s-Inspired Warm-up

Learning Set Phrases of Movement

Creating Your Own 1980s-Inspired Sequence

Performing Your 1980s Sequence

Introduction to 1980s Movies



E.T.

Top Gun

Indiana Jones: Raiders of the Lost Ark

Gremlins

Superman

Star Wars Episode V: The Empire Strikes Back

Aliens

Back to the Future

Star Wars Episode VI: Return of the Jedi

Dirty Dancing

Beverly Hills Cop

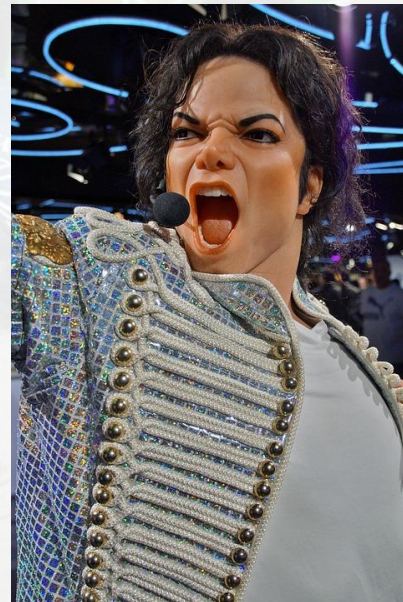
Ghostbusters



Introduction to 1980s Pop Stars



Madonna
Michael Jackson
Bruce Springsteen
Prince
Duran Duran
Tina Turner
Wham!
Cyndi Lauper
Culture Club
Annie Lennox
Prince
The Cure
Queen
Kate Bush



1980s Fashion



The 1980s were a fashion era marked by bright colours, bold shapes, big hair and unique textures. By the mid-80s, the Western world was experiencing an economic boom and many people wanted to express their wealth in clothing.

The early '80s continued the health craze of the 1970s, leading to an obsession with athletic wear. Late '80s women's fashion embraced the trend of power dressing, as more women entered the workforce and moved towards management positions.

Punk style emerged as a rejection of the materialistic trends of 80s fashion.



The Dance Moves



Name of 'Dance Move'	The Movements
Thriller Ball Changes	Step foot across, step other out to the side, repeat. On final one, bring arms high.
Thriller Step Together	Step together, step, turn. Use 'monster' arms.
MJ Leg Move	Walking forwards, bring leg up bent.
MJ Stepping and Clicking	Step each foot in front of the other walking forwards. Click fingers of one hand with the arm close to the body.
Moon Walking	One foot flat and one foot on the ball, give the weight to the foot on the ball, drag the flat foot backwards, swap, repeat.
Six Step	Six steps on an imagined box, step, step behind, step out, step in front, step back, step back.
Threading	On the floor, hold the foot with the opposite hand and 'thread' the second leg through. Can be done with a roll.
Hand Plant Freeze	A one-handed handstand.
Three Step	Your opposite hand and foot support your weight, one foot bend under, swap, both feet on the floor.

Learn the Moves with the Video

Link: <https://vimeo.com/205103882>



Make Your Own 1980s Sequence



- In groups of 4-6, pick the movements that you want to use, decide an order and make a 32-count sequence.
- Use the next slide to help you find beginning and finishing positions to your dance.
- Add mirroring into some actions (facing each other – or half group go one way the other half the other way).
- Put 2-3 break dancing moves into your sequence.

Starting and Finishing



These are a few examples of possible positions to use at the start and end of your dance.

You may choose to use a variety of levels and poses...



... or you may want to have everyone copy the same position.



twinkl

WANT A...

SUE

HOODBOYZ