

Sports and Performance

Fizzie Dance



A Fizzie Phrase Challenge

There is no one way to do things in dance – sometimes you can make it up! Use choreographic devices such as canon, contrast and repetition in your own Fizzie Dance phrase.

What do you need?

- a record of your Red or Blue team Fizzie Dance phrases A and B (dance journal or video from the last lesson)
- recording device eg video or mobile phone
- music with a strong beat
- sound system
- access to a large, clear space.

Let's recap

After watching the video *Making A Fizzie Phrase*, you should have created your own unique movement phrase in your team and recorded it on paper or on a device. Make sure you have this ready.

What now?

1. Pair up with someone from your team.
 - You should be in the same team (Red or Blue) as the previous activity.

2. Review and rehearse the Fizzie Dance phrases you made earlier.
3. Select either phrase A or B, review and rehearse.
4. Join with another pair from the opposite team, and combine your phrases to make a new dance phrase.
5. Practise the dance so that your team is able to perform it together without stopping.
6. As a class, discuss what choreographic devices could you choose to make the phrase more interesting?
7. Decide where to add the following:
 - canon
 - contrast
 - repetition.
8. In your team, try adding canon to one part of your phrase and contrast to another part of your phrase.
9. Try a different body part. Repeat one movement several times in unison.
10. Practise your new, improved phrase until your team remembers it and it feels familiar.
11. Perform your phrase to the rest of the class.
12. If you have a device available, record the other groups performing their dances.

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Extension option

Edit the video to add subtitles for the times when your team performed canon, contrast and repetition.

What is a choreographic device?

- **Canon:** repeating a movement one person at a time, like a Mexican wave.
- **Contrast:** performing a movement that is different to the original in some way.
- **Repetition:** repeating the same thing once or many times. You can add interest by facing in a new direction, using a different body part, or repeating with speed.

What have you learned?

Discuss the range of choreographic devices your classmates used in their dances.

- What movements made the phrase more interesting?
- How could your team incorporate what you have learned into your phrase to improve it?