

Bubble gum

Music	Rob van den Berg, Maria Speth
Dance	Maria Speth
Time	4/4
Intro	open
Formation	open space (begin in lying position on the floor)
Target group	suggested 6 – 15 years

Background Information

There are times when chewing bubble gum seems like some kind of international sport. That was the inspiration for this warm-up dance.

Dance Exploration

- Discuss the various stages that bubble gum goes through, from opening the packet, chewing and stretching, getting stuck under a shoe, or together, right up to the dried-out blob that remains.
- The following may sound distasteful, but it works very well! Give each pupil a piece of gum to chew and after a while have it spit out onto a piece of paper. Encourage the pupils to bend the gum into a nice shape with their tongue and teeth before spitting it out! All students shudder, but in the end, it always turns out to be a beautiful work of art!
- You can then look at the different shapes of the chewing gums together with the pupils and transform them into dance poses. For example, have each pupil make a choice between two different shapes. Alternate from one shape to another to capture it. Are they recognizable? Subsequently, the emphasis is placed on the manner of change. What movement does your mouth actually make when it chews a gum? Slow or fast, big movements or very fast and small. Does your tongue push or pull, can you show the grinding motion of your jaws with other parts of your body? Is there tension or very light movement? This research can lead to a wealth of movement ideas and students can edit multiple poses into a movement phrase in this way.
- Let the pupils work in pairs. Do their shapes fit together? Do they form contrasts? In what way can they work out a dance phrase together in which they make use of their poses and pay attention to the transitions between them. The pupils can opt for an identical elaboration, but of course also to work from different poses and in a contrasting way of moving.
- An inventory of the packaging of chewing gum packaging can also be interesting. How do you get out like chewing gum? Try the different options together with the students and especially bring visual material with you!
- Put special emphasis on the part where the gums get stuck under a shoe. Allow the pupils to explore the concept of 'contact and support points'. If you are lying on the floor, how many body parts are actually touching the floor? Which body parts are not touching the floor? Can you think of three variations in which your body is in contact with the floor using 4 contact points, or 2? If you get stuck to a shoe sole, it takes you through the room. Do you keep the same shape the entire time? Or do you change with each step? Sometimes the shoe stops (window shopping, cross walks, etc.) Can you also show in your dance that you stick to one pose when stationary?
- Bubble gum sticking to more bubble gum also requires some exploration. In how many different ways can you be stuck together? And can you move through the space when in such a position?

- Considering the structure of the music, the dance will need extra guidance in the beginning, but when familiar with the music it proves to be an excellent warm-up for the pupils. The music has purposely been designed with divisions in the bars in which the count begins anew after each stretch. This makes it easier to follow the movement with the music.

Dance Structure

Bars

Intro

Open

1 – 6

unwrap the bubble gum, slowly roll it out and...
as the beat begins slowly rise and get ready to chew

1 – 8

rotating or hinge movements with the head

9 – 10

stretching (pulling) from the head and neck

1 – 12

rotating or hinge movements with the shoulders

13 – 14

stretching from the shoulders

1 – 12

waving with the arms, alternating and together

13 – 14

stretching the arms

1 – 2

swing the hips from right, left, right, and left

3 – 4

stretch from one hip to the right

1 – 4

same, but start from the hip swing to left and stretch to the left

1 – 10

delicate steps on the spot when actively lifting the legs

11 – 13

stretching the legs and sliding to the floor (gum is spit out)

1 – 12

stick to the floor: in depth, continuously change the contact/support points of the body parts, vary from few to many contact points with the floor constantly changing shape (as though you are stuck under a shoe

1 – 8

the bubble gum begins it's second life: get up and dance through the space all bent up, twisting, and turning, with the whole body (you are being chewed again.

9 – 10

stretch out (while getting repeatedly stuck to another)

1 – 8

solo or in pairs move through the space, chewing and sticking to each other using changing contact points and diverse body parts.

1 – 8

the gum is spit out again dries up into your personal choice of shape

Tips

- Before working in pairs (second last movement) allow the pupils to become familiar with the routine of the movements, after which you may wish to employ the variations above.
- When doing this dance for the first time, it is a good idea to stop the music after stepping and stretching the legs (here is also a switch of tracks).

