

## CAT DANCE

Music	Astrid Ruijters, Erica Brinkhorst and Kristel Deen
Arrangement	Steven Gerrits
Dance	Maria Speth, Astrid Ruijters, Erica Brinkhorst and Kristel Deen
Time	4/4
Prelude	4 bars
Formation	free in the space; lying, sitting or standing in 4 sub-groups, during the dance in rows facing the front
Target Group	suggested 9 to 11 years

### ***Explanation***

- Each cat has its own peculiarities. This dance exposes the pupils to many different types of cats.
- The music to this dance is divided over 5 tracks. In that way each type of cat can be explored separately.
- Begin by learning the structure of this dance. When this is acquired the pupils may further develop the different types of cats. Use the first couplet of the music to learn the basic steps, which for the most part, apply to each type of cat.
- We begin with the Dance Structure, followed by the Dance Exploration and tips.
- Beginning with the Dance Structure also allows the pupils to possibly explore their own interpretation of cat characteristics. This will happen before introducing the various types of cats from the Dance Exploration. After learning the dance, you might consider developing the cat characters presented by the pupils or refer to the characters in the Dance Exploration.

### ***Dance Structure***

- This dance will be repeated a total of 5 times. The first four repetitions will be for the stray cats, the arrogant cats, the young kittens and the macho cats in that order. All of the cats will dance in the fifth and last repetition. Here the pupils may choose the cat they wish to be. The cats dance amongst each other. Perhaps the young kittens wish to become macho cats or the machos become infatuated by the confidence of the arrogant cats.
- The interlude is used to choose a new type of cat to dance and to stand ready to begin.



## Bars

### intro

1 - 4

move to the spot where the dance will begin

A

a

1 - 4

3 walking steps forwards and a closing step\*. On each 4th count a change of direction could be considered.

Repeat 3x and end with front facing.

5 - 8

4 jump-closing\*\* steps to the left and 4 to the right as cat jumps. The take off for the jump is on the 1st and 3rd counts. The landing is on the 2nd and the 4th counts.

9 - 12

repeat bars 5 - 8

13 - 14

head bunting to the left and to the right

15 - 16

repeat bars 13 - 14

17 - 18

stretch the body in 4 counts and then relax in 4 counts, from high to low

19 - 20

repeat bars 17 - 18

21 - 22

being shocked: freeze 4 x in another pose. One pose for each two counts.

23 - 26

16 steps to the back crowding together until you end up sitting crouched down in a tight group

27

rest

28 - 32

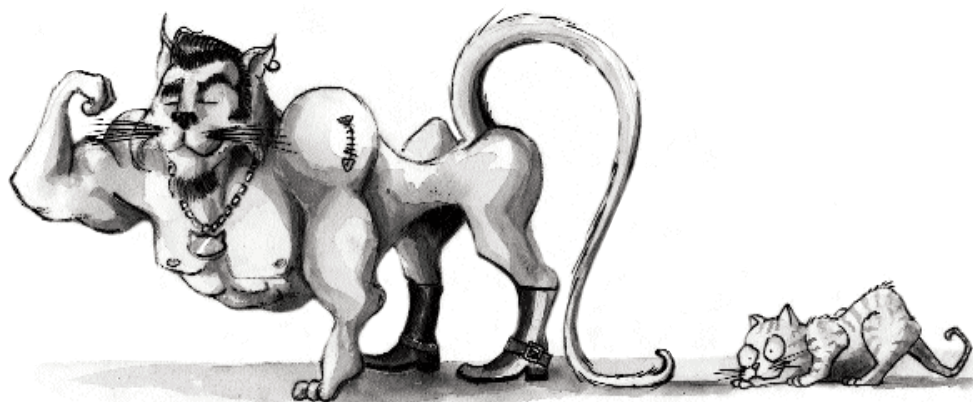
8 steps forwards while looking left and right. Where is the danger? Walk bent over with caution and curiosity.

33 - 34

alternating the right and left arm in a cat-like cleaning motion along the face

35 - 36

slowly sink down to the floor and roll sideways to create space for the next group



\* Closing step: one foot step next to the other foot, you will remain on the spot.

\*\* Jump-closing step: a hop to the side, followed by a closing step with the other foot.

### ***Dance Exploration***

- Each type of cat can be extensively explored with the pupils. How does an old stray move? How will a young kitten jump? Can macho cats be surprised?

The following suggestions are starting points for discussions about cat peculiarities. These are simply tips and intended as inspiration. It is also advised to use your own ideas in these discussions. It is the intention to use the basic steps from this dance and within that framework to experiment with new and innovative ideas.

### **Stray Cats**

- Stray cats are slow and heavy. All movements are lazy and lanky in nature.
- Their steps change direction suddenly and are shockingly executed.
- Take note! The cat jumps are executed in a half tempo. The jumps take place on the 1st and 2nd count. The landings are on the 3rd and 4th counts. Thus, per bar there is one jump not two. While jumping the arms make a sudden and unexpected movement with claws coming out.
- Head bunting greetings: taking turns they greet each other left and right and left and right.
- Stretching: these cats are tired and lazy so everything moves slowly.
- Being startled: awkward and slow.
- Backwards in half tempo, thus 8 steps instead of 16 and one bar of rest.
- 8 steps forward, shocked but also curious.
- A long slurpy lick left and right to clean themselves.
- Roll to the side and sleep.

### **Arrogant Cats**

- Arrogant cats are conceited and walk with their noses in the air. They think that they are stunningly beautiful. Their movements are regal and elegant with small steps. They choose only the most extravagant costumes and methods of motion.
- Stepping and changing direction are danced high on the toes, while one hand is delicately placed across the other.
- The cat jumps are elegant. The claw motions with hands are small and careful because the paws may most definitely not be soiled.
- Head bunting is also elegant, two times to the left and two times to the right, repeat.
- Stretching is more like posing for a fashionable picture. The arrogant cat likes to be seen.
- Being startled: they show a prude reaction as though they had stepped into something dirty.
- 16 steps backwards, shocked with disgust.
- 8 steps forwards, carefully and anxiously looking left and right.
- They clean themselves very elegantly.
- Proudly and gently trotting to the side.

## **Young Kittens**

- Young kittens are playful and energetic. They dart here and there through the dance space.
- Dance steps become skipping, pushing each other, turning, rolling around and so forth. They do not move in a straight line forwards or backwards. They go in all directions at once.
- Beware! The jumps are in double tempo. 8x left, 8x right and repeat.
- Head bunting is also in double tempo. 4x left and 4x right and repeat, be careful not to collide.
- Stretching for these little ones seems like reaching for the highest shelf and just not making it.  
Standing on one leg to make one side of your body longer, for example.
- Being startled: a wide variety of poses from large to small.
- 16 steps backwards are chaotic, maybe even more than 16 steps are made.
- 8 steps forwards, cautious but curious.
- They clean themselves with quick licks, not necessarily in time to the music.
- Move to the side in a playful frenzy.

## **Macho Cats**

- Tough cats, macho and mega-cool. Their movements are self-assured and powerful.
- They walk securely and confidently with their chest pushed out.
- Jumping: 4x left and 4x right with, for example, a karate jump, repeat.
- Head bunting is mostly macho. Is everyone watching me?
- Stretching is a muscle show of body builders. Show yourself.
- Startled: tough poses, 'you want a piece of this?'
- 8 steps backwards, against their own will.
- 8 steps forwards, lurking and sneaky.
- They clean themselves with firm licks left and right.
- Easy going, showing no hurry, they move to the side.

## ***Tips***

- This dance might be used in a performance for an audience. Divide the pupils into groups so that each group has a type of cat to dance. Or better... Allow the pupils to choose the type of cat in the dance that they wish to represent; as long as all of the different cats are present. The groups may not be equal in size but this is not a problem and might even create a more dynamic presentation. Pupils who choose for themselves are motivated to be successful.
- Face paint, cat tails: discuss the possible costumes to be worn.
- Watch segments of the musical 'Cats' together with the pupils to offer inspiration.