

THE SHOWER DROPLET

Music	Steven Gerrits
Dance	Maria Speth
Time	4/4
Prelude	none
Formation	open formation, pupils facing front, free use of space
Target group	suggested 4 - 12 years

Explanation

- 'We are going to take a shower, but... when we turn on the tap, all we get is one little droplet. So today we will have to wash ourselves with only one droplet and let it dance all over our body.'
- In this warming-up dance we will work with isolated movements*. Several parts of the body will be used by pretending the droplet is dancing all over the body.
- When the whole body has been washed, the droplet will be carried through the whole room, jumping from one part of the body to another (audible in the music).
- In the column reserved for the music bars you'll notice the term 'Transition'. This designates the moment the droplet jumps onto a new part of the body.
- It is important that you know the structure of the music well. At each transition in the music choose a new body part, the order of the body parts that you wash does not really matter.
- The music consists of different music fragments interspersed with the transitions in which the shower droplet rolls on. The various musical fragments allow you to clearly hear whether the music is rhythmic, flowing or more staccato. Let these qualities of the music be reflected in your movements. A short sound, for example, invites tight angular movements. Wavy sounds invite round and sliding or turning movements. Try different music fragments for the same body part, does it differ in the way it feels?
- Finally: all kinds of variations are possible so that this dance can also be applied to other themes: a drop of paint, a raindrop, or even a snowflake. For the last idea you can use practice music #4 for the flowing and slow character of the sound. New age music would also fit well with this.

* Isolated movements: A movement by one part of the body while the rest of the body remains stable. For example, only moving the head or the arms or the shoulders. Movement options that are often used are bending or stretching, turning, shaking, rising and falling. These are very effective during warming-up exercises.

Dance Exploration

- Washing yourself with only one droplet requires concentration. Investigate together with the pupils all the possibilities of movement when having a droplet somewhere on your body. Does your head move the same way your shoulders do? Can you swing that droplet around your waist or let it jump onto your bottom? A nice exercise to deepen the exploration is the following: listen to different music fragments with the pupils, indicate in advance which body part to focus upon. What kind of movement fits the music and how do you perform it with the relevant body part? In this way you make the pupils playfully aware of the music and the different possibilities of movement involved.
- In the first instance it might be better to have the teacher announce where the drop will fall next, but of course the pupils will love to create their own sequence.
- In order to aid in visualization, allow the youngest pupils to have a real drop of water to roll around on their hands.
- There are so many different ways to transport a droplet. Can you show where the droplet is on your body just by moving in a particular way? Maybe the droplet is on your shoulder, hanging off your nose, balancing on your elbow, etc. Every time you hear the music indicate that the droplet is jumping to another part of your body choose a new spot. The practice music has no built-in stops, you can always stop the music yourself.
Practice music #2, #4, or #7



Dance Structure

The description below shows the route the droplet takes, of course everybody should feel free to choose different variations.

Bars

intro the droplet falls onto the **head** and rolls slowly all over the head (rotate the head)

transition the droplet falls on the **right shoulder**

A 1 - 6 the droplet jumps from one shoulder to the other and back (alternate lifting right and left shoulder); tempo of alternations may be doubled

transition the droplet falls onto the **right hand**

B1 1 - 4 the droplet jumps from the upright palm of the hand to the back of the hand by rotating the hand downwards

Bars

transition the droplet is thrown over to the **left hand**

B2 1 - 4 repeat the B1 movements with left hand

transition the droplet is thrown high into the air and lands in the **navel**

C 1 - 2 small **hip** rotations ('the droplet may not fall out of the navel)

 3 - 9 enlarge rotations to come to Hula-hooping type movements (reverse directions from clockwise to counter-clockwise and back)

transition the droplet is thrown out of the navel, over one's head, to land upon one's **bottom**

D 1 - 8 the droplet dances and jumps from one cheek to the other transition the droplet is thrown back over the head to land on a raised **knee**

E 1 - 16 make small jumps, bouncing from one foot to the other, just as with aerobic exercises (the droplet jumps from one elevated knee to the other)

transition the droplet glides down to the **foot**

F	1 - 8	the droplet is rocked gently to and fro while resting on the foot
G	1 - 21	Dance freely through the space with the droplet clearly visible somewhere on the body. With every transition in the music, the droplet moves to a new location.
end	1 - 2	the droplet flows down the drain and we are all clean

Variations

The end of the dance description (from G 1-21) also has another variant: In the music you have 3 transitions where the shower droplet continues to a new body part. Instead of the original description you can consider the following ways to dry your body, after being cleaned by the water droplet:

- During the first part, rub your entire body dry from your back to your legs with a large bath towel; turning, swinging, twisting, jumping, etc.
- In the second part, all remaining wet spots are blotted dry. You do that with rhythmic pats on your body, starting with your left arm and continuing to the right arm, then your chest and belly, left cheek and right cheek of your bottom and finally your legs from top to bottom. It is nice to alternate the pace from fast beats to a slower pace and then twice as fast. The music offers such possibilities.
- In the third part dry the last parts of your body. Perhaps you had forgotten these. Are you already dry behind your ears? The tip of your nose or your underarms, etc. Finally, your nose follows the shower droplet until it disappears down the drain!

Variation in pairs

- This is an assignment for the older pupils once they are familiar with the original dance.
- The pupils stand together in pairs; number 1 and number 2. Number 1 designates a body part showing many different ways to roll the droplet. On the signal, number 1 determines where the droplet falls. Number 2 must then take over the movements, showing many different ways to roll the droplet on the new body part. When the signal is heard again, number 2 will determine where the droplet falls and number 1 must show moves. The movements must match the feeling of the musical fragment.
- In this way they learn from each other, in a playful manner, the many possible ways to move a selected part of the body.
- In the beginning it is helpful if the teacher pre-warns about the coming switch. Even though the pupils know the dance well, their attention is now re-directed to a different focus.
- They will also probably discover that it is not easy to make the switch while dancing and at the same time calling out a different body part for their partner. The switch from being focused on one's own movements to those of another can be challenging, certainly in the beginning.
- This exercise appeals to musicality and creative ability, but also to responsiveness and communication skills.