

The Sliding Door

Music	Rob van den Berg, Melle Weijters
Dance	Maria Speth
Time	4/4
Intro	4 bars
Musical genre	bobbeling
Formation	group A in a front row (facing opposite directions alternately), Group B stands in front of the row
Target group	suggested 10 – 18 years

Background Information

- Sliding doors are an interesting phenomenon. Sometimes you must wait for them, sometimes you can slip through, and sometimes... you get stuck in between!
- This dance is based upon musical understanding (rhythm and phrasing) and upon cooperation.
- It is intended for warming-up, but is primarily an ideal closing to your dance activity!

Dance Structure

- The movement in this dance consists primarily of walking (three steps backwards and a closing-step and three steps forwards and again a closing-step). In this way there is an opening and closing of the lane (a sliding door as it were). A most effective way to teach this concept is explained in steps here below:
- **Step 1**
Line all of the pupils up in a lane (two lines opposite each other) and practice opening and closing the 'door'. The pupils must attempt to move backwards and forwards together, in a straight line, to the beat of the music. Clap hands on every fourth count. It helps to keep an eye on your immediate neighbours.
- **Step 2**
Follow by creating one line from the two lines; by letting the pupils stand shoulder to shoulder facing opposite directions. Repeat the walking, everyone first moves backwards. If the line is too long for the room you may split the group in two, one group observing and then switch.
- **Step 3**
While the one group is dancing the sliding door, the other group is moving through the open door, one by one. The first step is important to coordinate! If a pupil waits too long 'the door' will close again when it's not through. Set the pupils right in front of 'the door' and get them moving the moment 'the door' opens. One person may go through the open door at a time.
- **Step 4**
Dancing through the open door may be done in a variety of ways. Running, (will likely be the most common in the beginning), hopping, skipping, galloping, etc.
- The option of moving through the open door in pairs is a fun challenge. A pair starts at each end of the door at the same time, and when they pass each other, they greet each other with, for example, a 'high five'. Agree beforehand who will pass on the left and the right.
- Allow the pupils to come-up with their own ideas.

Tip

It often occurs that the 'door pupils' enjoy trapping the other pupils in the door. Creating a competition may help. Each time the door is not straight when it opens or closes team A loses a point. The same applies to the B team, for each person that does not make it through team B also loses a point. When each person from group B is through the teams switch roles. The points are again applied and then you can count who has the most/least negative points.

