



AOSA Professional Development Conference

November 2 – 5, 2022

Enthusiastic Dance! Presented by Matthew Stensrud

Welcome! Let's join in community and dance together!

Oh No! It's Raining!

- Exploring Rain Sounds Together
- Leading into "Rain on Me" by Lady Gaga
- Dance Moves
 - 4 Rainbows
 - LH Swipe up
 - RH Swipe up
 - LH Swipe across
 - RH Swipe across
 - L rolls (could add some body percussion)
 - R rolls (could add some body percussion)
 - Rain on me
 - L rolls
 - R rolls
 - Rain on me
 - LH up RH up
 - LH down RH down
 - LH up RH up
 - LH down RH down
 - Slide to the L long
 - Jump jump jump clap
 - LH up RH up
 - LH down RH down
 - LH up RH up
 - LH down RH down
 - Slide to the R long
 - Jump jump jump clap
 - Step together with snaps
 - Repeat from beginning at LH Swipe up
 - After Chorus move to 2 Rainbows, then slowly growing from ground to sky, ending with jumps toward the sky
 - Chorus section 2 more times

Discovering Dance Together

- Discovering through Music
 - “Dansons sous la pluie” and “Tango Romantico” from *Petits sauts délicats avec grand ecart* by René Aubry, 2018.
- Things to Explore in a Circle
 - In and out
 - Left and right
 - Body percussion: pat, clap, R in the air, L in the air, together in the air
 - Do-si-do
 - Two-hand turn
 - Promenade (shake hands, have fun with it!)
 - Explore finding a partner...but also finding our opposite (the person on the other side of us!)
- Folk Dance → “La Bastringue” from *Chimes of Dunkirk* by New England Dancing Masters
 - A: In and out 2x (16)
 - B: Circle L and R (16)
 - C: Dosido and Two hand turn (16)
 - D: Promenade or Composition (16)
- Composition
 - What if you and your partner could create something in your space? See if you can make it fit with our music! Let’s use this for the promenade.
- Discovering A New Dance
 - What if we two-hand turn with our opposite?
 - What if we do-si-do with our opposite?
 - What if our do-si-do turns into an allemande?
 - What if we try to add an allemande at the end as well?
 - Do-si-do, two-hand turn → allemande opposite, two-hand turn, allemande opposite
- Folk Dance → “Comment ça va” from *Sashay the Donut* by New England Dancing Masters
 - A: In and out 2x (16)
 - B: Circle L and R (16)
 - C: Allemande opposite, two-hand turn partner, allemande opposite (16)
 - D: Promenade or Composition (16)

One Community in Dance

- Folk Dance → *Zemer Atik*, music from Mosaic by the *Montana Mandolin Society*, 2004.
- Formation: Circle facing CCW with L hand palm up and above inside shoulder, R hand palm down touching L palm of person in front
- A Section
 - Walk CCW, starting on outside foot (4)
 - R stomp, clap-clap, L stop, clap (4)
 - Repeat 3 more times
- B Section
 - Step in while crouching, snap low, step in while moving higher, snap high (4)
 - Step back, step back, step back, step back while hands move from high to low with palms up (4)
 - Repeat 3 more times
- Folk Dance → *Sirdes*, also known as *Armenian Misirlou*, can be found in Teaching Movement & Dance by Phyllis Weikart
- Process steps with tap and return to place, with some crossovers, with some step backs

- o L touch in front of R
- o L touch back in place
- o L touch in front of R
- o L touch back in place
- o L touch in front of R
- o R cross step in front of L
- o L cross step in front of R - R step back
- o L step back - R step back
- o Repeat
- o After exploring, consider taking the 3 step backs and moving them CCW through the circle

Let's Fly Away!

- From: Listen to the Mockingbird by *New England Dancing Masters*
- Origin: Created for the Mariposa Folk Festival in Canada
- Formation: Sicilian Circle
- Exploration
 - o Flying, arms wide across
 - o When you fly, can you sometimes fly above with your wings and other times below others' wings
 - o What if you could fly with a partner?
 - o What if you could fly over sometimes and under sometimes?
 - o What if you could fly backwards? Sometimes over and sometimes under?
- A Section
 - o Can your plane pair find another plane?
 - o R hand star (8)
 - o L hand star (8)
 - o Do-si-do opposite (other friend in circle that isn't partner) (8)
 - o Do-si-do partner (8)
- B Section
 - o Flying figure
 - o What is one pair is the plane and the other pair become passengers?
 - o One plane flies over the other plane, both planes walking forward and past the other (4)
 - o Over plane becomes the under plane, going backward while the under plane becomes the over plane, going backward (4)
 - o Repeat (8)
 - o Circle L (8)
 - o Circle R (8)
- Next step, make a double circle with all the planes
 - o A Section the same
 - o B Section, CCW planes are the over first, CW planes are the under first
 - o Instead of circle L and R...
 - Circle L (8)
 - Pat pat - clap together clap together with opposite (4)
 - Walk past opposite and with partner to a new opposite pair (4)

Let's Smile Together!

- What are things that make you smile? That bring you happiness?
- Can you show it in your body?
- Can you show it while you travel?
- What if you could share with a friend and learn theirs?
- What if you could do yours and then your friend's?
- What if you could travel away from your place while doing yours and back to your place while doing your friend's?
- Leading into "Smile" by Katy Perry
- [You can find the "Smile" choreography on my YouTube page here](#)

Matthew Stensrud is an internationally-acclaimed and award-winning Elementary Music and Movement Teacher and currently teaches PK-4 music and movement at Sidwell Friends Lower School in Washington, DC. He received his Master of Music Education from George Mason University and Bachelor of Music Education from the University of Cincinnati College-Conservatory of Music, is an Orff Schulwerk approved Teacher Educator of Movement, and teaches Movement for teacher educator courses in Oregon and New Jersey. Matthew currently serves on AOSA's National Board of Trustees, was previously on *The Orff Echo* Editorial Board, and was a key content contributor to the book *Responsive Classroom for Music, Art, PE and Other Special Areas*. He is also well-known on social media as @MisterSORff and offers newsletters and lessons through his website www.mistersorff.com and Patreon page www.patreon.com/mistersorff. Contact me via Instagram, Facebook, text message - anytime! In Friendship, Matthew

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