

CREATIVE DEVELOPMENT

Breaking Bounds- by Lewis Greenfield

Example of a creative book, find images to base movements from. [www. Loisgreenfeild.com](http://www.Loisgreenfeild.com)

Balloons

Balloon must never get wet

- Wrap it around hand
- Words that describe the balloon: properties of the balloon. (Light, slow etc.)
- Play with the balloon keep it in constant motion, don't let it get jerky.
- Focus on different movements, move it from hand to hand.
- After they find some movements, take away the balloon they swim it as if it were still there. Feel like they still have the balloon. Eyes are more interesting if you look at something.
- Partners: joint choreography. Both balloons together then pass off the balloons. Both will have a balloon to end.

Styrofoam balls

- Similar idea to the balloons plays with on arms, pull underwater and pop it up etc.
- Perfect best skill
- Go into partners and perfect your partners best skill

Group decides in routine

1. Harp- strings on a harp that are being plucked.
2. Machine- has to produce something at the end.
3. Snowflake- goes side to side and up and down.

Move from wall to ½ way, use skills with balls show skills.

Snowflakes can use balloons if they prefer.

Each group had one less ball then group except the harp (only 2 girls) who had 1 more balls

Book pose

Snow picture- how are you going to represent that in the water

Feet have to be attached to partner, feet must stay in contact and together they must think of a way to travel.

Use toys and Ideas to come up with ideas. Gather ideas from the world around you.

Routine Choreography

- Listen to the music, sent the girls out with a task.
- Create arms with a wiggle, a juggle and a surprise leg.
- Let them play catch ideas.
- To get something synchronized it matters more how you do it (the rhythm of it) rather than the count.
- On same piece of music always have a stroke, figure and highlights to decide what you need afterwards.
- Leg, level change, see swimsuit and it has to have a skinny surprise at some point.
- Use everybody things/ animals, (i.e. Water bag, washing machine) how do they move- move like them (game)
- Highlight- has to be a throw, has to be sustained, how you do it is up to you