

# ***EVERYONE'S A CHOREOGRAPHER!!***

1. All members of each part get together.
2. Split each part in half to form two balanced choruses
3. Designate one half Chorus A and the other Chorus B.
4. All members of each Chorus pick a partner in the other Chorus, preferably someone they do not interact with on a regular basis.
5. Each person gets a blank piece of paper. Everyone must draw on one side **how they see themselves as a performer**. On the other side of the same paper draw **how they would LIKE to see themselves as a performer**. Use symbols, scenes, scribbles, colors, faces, weather patterns, number line, self-portrait, cars, houses, moon phases, shoes, flowers, etc.
6. Discuss with their partner **why** they drew the pictures they did. Most importantly, discuss **what is preventing them from achieving side number two**.
7. Chorus A performs a current up tune while chorus B members watch **their partner ONLY**.
8. After Chorus A's performance, Chorus B members must give ONE piece of feedback to their partner based on what they learned about them from the drawings and discussions.
9. Chorus A performs again applying the feedback acquired from their partners in Chorus B.
10. The partners get together again with Chorus B members providing feedback on the **progress** of Chorus A member.
11. The partners switch roles and go through the entire process.
12. Everyone performs together.
  - ☺ The director should only direct the first performances of each Chorus. The director then observes the second performance of each Chorus to watch the interplay between partners and to watch the progress of each.
  - ☺ Phrase to say when providing feedback is "Would you be willing to..."
  - ☺ Phrase to say in response to feedback is "I would".

## ***MENU CHOICES & CONSCIOUS THOUGHT***

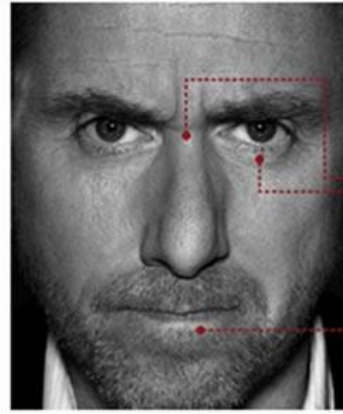
SING...

- ☺ as though reading a story to a small, distractible child
- ☺ with the prescribed storyline in mind
- ☺ with your own storyline in mind
- ☺ as though it'll be the last time you ever sing this song again with this particular group of ladies
- ☺ with 1 – 2 attitudes/emotions in mind
- ☺ it like an uptune
- ☺ it as a famous singer of your choosing
- ☺ as if everyone in the audience is looking at you
- ☺ as if this is the last performance this particular audience will ever see it after looking up into the heavens with the sun, its warmth, visions, conscious thoughts, etc. then slowly lower your head and sing!



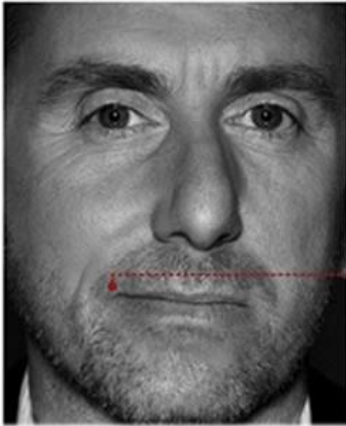
## sadness

- ① drooping upper eyelids
- ② losing focus in eyes
- ③ slight pulling down of lip corners



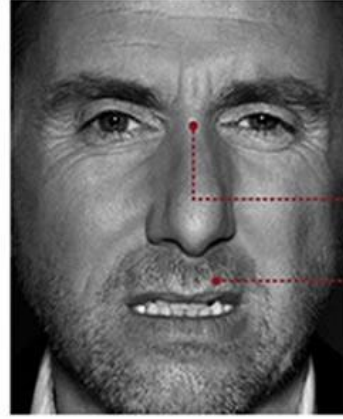
## anger

- ① eyebrows down and together
- ② eyes glare
- ③ narrowing of the lips



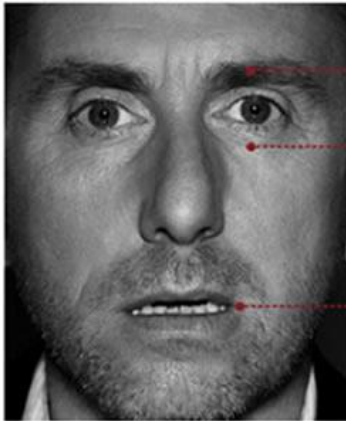
## contempt

- ① lip corner tightened and raised on only one side of face



## disgust

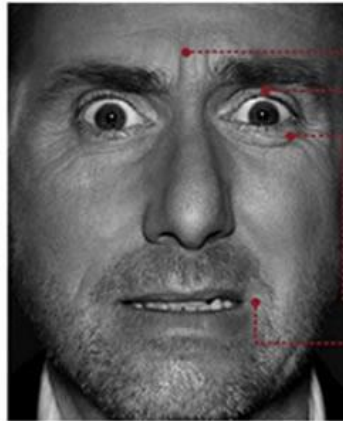
- ① nose wrinkling
- ② upper lip raised



## surprise

Lasts for only one second:

- ① eyebrows raised
- ② eyes widened
- ③ mouth open



## fear

- ① eyebrows raised and pulled together
- ② raised upper eyelids
- ③ tensed lower eyelids
- ④ lips slightly stretched horizontally back to ears