

# Contemporary Lyrical Dance

## Lesson Plan

<b><u>The students will be able to:</u></b> <ul style="list-style-type: none"><li>✓ Define the contemporary lyrical dance genre</li><li>✓ Practice and perform a contemporary lyrical dance</li><li>✓ Choreograph a contemporary lyrical dance</li><li>✓ Work cooperatively within a group in order to achieve a goal</li></ul>	<b><u>Equipment:</u></b> <ul style="list-style-type: none"><li>– <i>Dance the Lyric Task Cards</i></li><li>– Stereo</li><li>– A clip from <i>So You Think You Can Dance?</i></li><li>– Numbered poly spots or stackable cones</li><li>– “Total Eclipse of the Heart” by Bonnie Tyler</li><li>– “Total Eclipse of the Heart” Lyrics</li><li>– “Gotta Get Thru This” by Daniel Bedingfield</li><li>– “Gotta Get Thru This” Instruction Sheet</li><li>– <i>Possible Songs for Contemporary Lyrical Dance</i></li><li>– A variety of contemporary lyrical songs</li></ul>
<b><u>Warm-up:</u></b>  ⇒ <b>Perpetual Motion Machine</b> <ul style="list-style-type: none"><li>• Divide students into groups of 4.</li><li>• Groups must decide upon which machine they want to be.</li><li>• Create a sequence of three movements with each movement being performed by a different group member.</li><li>• The sequence of three movements represents the machine creating its product, while the fourth member of the group is responsible for pantomiming the machine’s product.</li><li>• Student 1 must initiate Student 2’s movement, while student 2’s movement initiate’s Student 3’s movement and so forth.</li><li>• Student 3’s movement results in the product.</li><li>• After practice, the machine should become perpetual.</li><li>• Each group will perform their machine while the other groups guess what it is.</li><li>• This warm-up is a great way to practice dance transitions.</li></ul> ⇒ <b>Dynamic Stretching</b>  ⇒ <b>Show a clip of contemporary lyrical dance</b> <ul style="list-style-type: none"><li>• Examples: <i>So You Think You Can Dance?</i>, <i>Dancing with the Stars</i>, <i>Glee</i> etc.</li></ul>	
<b><u>Instruction/Development:</u></b>  ⇒ <b>Introduce students to the contemporary lyrical dance genre</b> <ul style="list-style-type: none"><li>• Contemporary lyrical dance is a modern dance form which fuses modern dance, jazz, and ballet.</li><li>• It requires excellent technique to perform, as the moves are often difficult and precise.</li><li>• Cirque du Soleil frequently combines elements of contemporary lyrical dance in their routines.</li><li>• The goal of the lyrical dancer is to convey the emotion of a song’s lyrics.</li><li>• Intense emotional expression of the face and body are necessary to tell a story that evolves along the lines of the song.</li><li>• Unlike other dance forms, contemporary lyrical dance is far less concerned with a dancer’s physique.</li><li>• Characteristic of the contemporary lyrical dance style is flowing dance moves that connect throughout the dance.</li></ul>	

- The form is receiving much attention lately through dance reality shows.

#### ⇒ **Dance the Lyric**

- Explain to students that they are going to be provided with a single lyric from a contemporary lyrical song and they must dance out the lyric (e.g. choreograph a micro dance for the lyric).
- Group students into pairs.
- Provide each pair with a *Dance the Lyric Task Card*.
- Provide the students a few minutes to brainstorm, create and practice their lyric dance.
- Have the pairs show you, the teacher, what they came up with.
- Optional: Have pairs perform for another pair or the class.
- Optional: Once all the pairs have choreographed their lyrics, arrange all of the students in a semi-circle and flip through the cards quickly (and read them out) so that the students perform a quick dance on the spot by making up movements in succession.

#### ⇒ **Transition Dance for “Total Eclipse of the Heart” by Bonnie Tyler**

- We used transitions in our warm-up game today.
- Smooth transitions are pivotal in order to perform an effective contemporary lyrical dance.
- For this activity, number stackable cones 1-24 and spread them out in a line (or a semi-circle) across the length of the gym.
- Provide students (in pairs) with a lyric from the song – also numbered.
- Play the song for the students so they know the rhythm and speed.
- Have each pair create choreography for their lyric.
- Move down the line of cones transitioning smoothly from one pair to the next.
- If there are more lyrics than pairs, provide a pairs with two or three lyrics and they will have to move to the next cone in order to perform their next move.
  - I try to ensure that pairs receive one “turn around” and one other longer lyric – e.g. lyric #5 and lyric #16. Also, make sure to give them enough time to get to the next cone in order to perform their next lyric.

### **Culminating Activity:**

#### ⇒ **Learn Gotta Get Thru This contemporary lyrical dance**

- See dance instruction sheet for full instructions
- Breakdown dance into parts A, B, C and D
  - Part A w/o music
  - Part A w music
  - Part B w/o music
  - Parts A&B w/o music
  - Parts A&B w music
  - Part C w/o music
  - Parts A, B & C w/o music
  - Parts A, B & C w music
- *Note to teachers:* If you find it difficult to follow the instructions for this dance, or do not feel comfortable leading a command style dance, this portion can simply be eliminated from the lesson as there is another culminating activity option.

#### ⇒ **Perform Gotta Get Thru This**

- Perform once all the way through with the teacher at the front as a model
- Then, allow students to perform on their own while the teacher acts as the audience
- Optional: videotape final performance of the dance

⇒ **Create a Contemporary Lyrical Dance**

- Divide students into groups of 3-4
- Provide each group with the lyrics of a song suited for contemporary lyrical dance (use *Possible Songs for Contemporary Lyrical Dance*)
  - Have the lyrics of your selected songs printed on a 11x17 piece of paper
- Provide each group a space to create and practice their contemporary lyrical dance
- Warn students that they will probably only have enough time to create the first 30 seconds – one minute of the song
- Once practice time is over, each group will perform for the teacher (or the whole class)

**Closure:**

- ⇒ Optional: videotape final contemporary lyrical performances
- ⇒ Dismiss to go get changed

When your love is  
pouring like the rain  
I close my eyes and  
it's gone again.

- "Gotta Get Thru This" by Daniel Bedingfield

There were sounds in  
my head. Little voices  
whispering.

- "Where I Stood" by Missy Higgins

I'm drownin' in your  
vanity. Your laugh is  
a disease.

- "Dizzy" by The Goo Goo Dolls

Feels like lightning  
running through my  
veins. Every time I  
look at you.

- "Please Forgive Me" by David Grey

So when you feel like  
hope is gone, look  
inside you and be  
strong.

- "Hero" by Mariah Carey

And I've dropped out,  
I've burned up, I've  
fought my way back  
from the dead.

- "I'll Be" by The Goo Goo Dolls

And it cut me like a  
knife when you  
walked out of my life.

- "Cry" by Rihanna

Far across the  
distance and spaces  
between us.

- "My Heart Will Go On" by Celine Dion

I'm still sober. Picked  
all my weeds but kept  
the flowers.

- "Sober" by Kelly Clarkson

And the land is dark  
and the moon is the  
only light we'll see.

- "Stand By Me" by Ben E. King

At least I can say that I've  
tried to tell you I'm sorry for  
breaking your heart. But it  
don't matter, it clearly doesn't  
tear you apart anymore.

- "Hello" by Adele

Everything you are  
falls from the sky  
like a star.

- "Dizzy" by Goo Goo Dolls

Every time I walk out  
the door I see him die  
a little more inside.

- "Unfaithful" by Rihanna

Name me then shame  
me. Take my pride.

- "Finders Keepers" by Miriam Bryant

Your fingertips  
across my skin. The  
palm trees swaying in  
the wind.

- "Almost Lover" by Alison Sudol

It feels like you're a  
million miles away as  
you're lying here with  
me tonight.

- "A Million Miles Away" by Rihanna

1. Turnaround,

2. every now  
and then I get  
a little bit  
lonely and  
you're never  
coming round

3. Turnaround,

4. every now and  
then I get a  
little bit tired  
of listening to  
the sound of  
my tears



5. Turnaround,

6. every now and  
then I get a little  
bit nervous that  
the best of all  
the years have  
gone by

7. Turnaround,

8. every now and  
then I get a little  
bit terrified and  
then I see the  
look in your  
eyes

9. Turnaround  
bright eyes,

10. but every  
now and  
then I fall  
apart

11. Turnaround  
bright eyes,

12. every now  
and then I  
fall apart

13. Turnaround

14. Every now  
and then I get  
a little bit  
restless and I  
dream of  
something wild

15. Turnaround

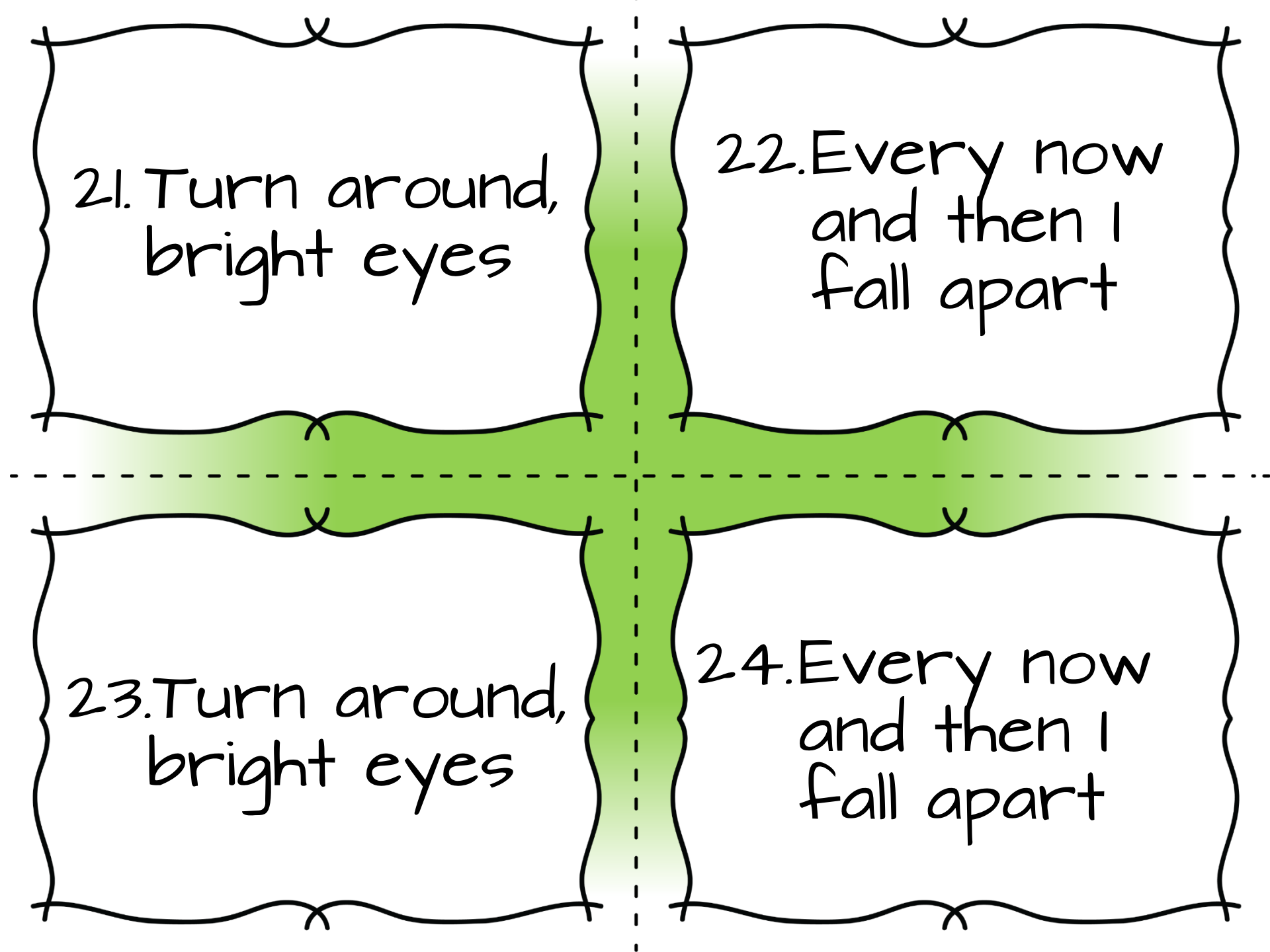
16. Every now and  
then I get a  
little bit helpless  
and I'm lying like  
a child in your  
arms

17. Turnaround

18. Every now and  
then I get a  
little bit angry  
and I know I've  
got to get out  
and cry

19. Turnaround

20. Every now and  
then I get a little  
bit terrified but  
then I see the  
look in your  
eyes



21. Turn around,  
bright eyes

22. Every now  
and then I  
fall apart

23. Turn around,  
bright eyes

24. Every now  
and then I  
fall apart

# Daniel Bedingfield - Gotta Get Thru This

(acoustic version)

Lyric	Dance Step
1. When your love is pouring like the rain	1. Kneel (sit on legs), bring arms up and then down slowly "like the rain".
2. I close my eyes and its gone again	2. Right hand across body, left hand across body, up onto knees, pop chest and bring arms out to the side.
3. when will I get the chance to say I love you	3. Fall on to right hip, roll, get up on left knee, right out to the side and right arm out. Stand up slowly (starting with right foot). Place right hand out on "I", left hand in right hand on "love" and bring arms into chest (left side) and curl body around on "you"
4. I pretend that you're already mine	4. Bring right arm overhead, followed by left, make fist with left. Throw left in front followed by right, and then back. Rub right hand across chest on "mine".
5. that my heart aint breaking every time	5. Crunch body back to left side (see step 3.) then complete a three step roll turn to the left (left, right, left). Throw chest down to floor on "heart aint breaking", back up.
6. I look into your eyes	6. Bring arms down towards you, shuffle back three steps then spin twice around with head down.

7. if only I can get through this	7. Pause just before fast beat. Step out right foot with right hand pointed up, then left points up. Bring left arm down and bend at elbow, bring your body part way through arm and then walk through it starting with left foot.
8. if only I can get through this	8. Left, right, left, feet together – two footed hop (kick butt) bring arms up behind you, pop out back and butt and go right up on balls of feet, turn – step right, step left, step right, left – kick right high while arms come straight up, fall down onto knees (right tucks under – left up)
9. if only I can get through this	9. push back into a push up position, while in this position, step right over left foot (2 counts), step left over right (2 counts), step right over left (2 counts)
10. God, God, gotta help me get through this	10. Fall onto right hip, back on butt – get up, tuck left under and step onto right. Stand up cross arms over head and then throw them down on the fast beat.
Stop at fast beat before line: I gotta get through this, I gotta get through this.	

## POSSIBLE SONGS FOR CONTEMPORARY LYRICAL DANCE:

- “Apres Moi” – Regina Spektor
- “Ascolota” – Ludovico Einaudi
- “Coins In a Fountain” – Acoustic – Passenger
- “Feet To The Sky” – Lulu & the Lampshades
- “Finders Keepers” – Miriam Bryant
- “Gone Away” – Lucy Schwartz
- “Halo” – Ane Brun, Linnea Olsson
- “I See Fire” – Ed Sheeran
- “Old Skin” – Olafur Arnalds, Arnor Dan
- “Outside, Diggin” – James Vincent McMorrow
- “Promises” – Ryn Weaver
- “Gotta Get Thru This” – Daniel Bedingfield
- “Where I Stood” – Missy Higgins
- “Dizzy” – The Goo Goo Dolls
- “Please Forgive Me” – David Grey
- “Hero” – Mariah Carey
- “Wild Horses” – Natasha Bedingfield
- “Fix You” – Coldplay
- “Violet Hill” – Coldplay (it's a little more contemporary, but it's cool)
- “A New Day Has Come” – Celine Dion
- “Alone” – Heart
- “Twilight” – Vanessa Carlton
- “Uninvited” – Alanis Moresette
- “Hands” – Jewel
- “These Days” – Chantal Kreviazuk
- “The Special Two” – Missy Higgins
- “Black Balloon” – Goo Goo Dolls
- “Better Days” – The Goo Goo Dolls
- “Iris” – The Goo Goo Dolls
- “A Million Miles Away” – Rihanna
- “Sober” – Kelly Clarkson
- “Always Be My Baby” – Mariah Carey
- “You and Me” – Lifehouse
- “Storm” – Lifehouse
- “Apologize” – One Republic (not the Timbaland version)
- “Stand” – Rascal Flatts
- “What Hurts The Most” – Rascal Flatts
- “Unfaithful” – Rihanna
- “My Heart Will Go On” – Celine Dion
- “Don't Forget to Remember Me” – Carrie Underwood
- “Before He Cheats” – Carrie Underwood
- “I'll Be” – Edwin McCain
- “Big Girls Don't Cry” – Fergie
- “Cry” – Rihanna
- “I Hope You Dance” – Leanne Rhymes
- “Because You Loved Me” – Celine Dion
- “Song for Mama” – Boys 2 Men
- “You Can't Lose Me” – Faith Hill
- “I Turn To You” – Christina Aguilera
- “Total Eclipse of the Heat” – Bonnie Tyler
- “Stand By Me” – Ben E. King