

Cunningham Technique – teacher workshop

Goals: isolation of torso and pelvis/leg movements, weight shifting, strength and stabilization

Resources:

Cunningham Technique Company class 7.30.2009:

<https://www.youtube.com/watch?v=9Wtnl32uvM4&list=PLUwHVm1ByQT-GDnwx0zYsFetdPRZUbBKK&index=2>

Cunningham Technique intermediate level:

<https://www.youtube.com/watch?v=Jl9wr66eJes&list=PLUwHVm1ByQT-GDnwx0zYsFetdPRZUbBKK&index=7>

Cunningham Technique elementary level:

https://www.youtube.com/watch?v=tTSHFI_wT5c&list=PLUwHVm1ByQT-GDnwx0zYsFetdPRZUbBKK&index=6

Music:

<https://open.spotify.com/playlist/1S1RxUFYFysOv2CdmofrUB?si=267118032d944b59>

Bounces [7.30.2009 beginning-goes into deep stretches]

Bounces two – London Dance Collective

Curving the upper spine forward, gentle bounces for 16 counts

Straighten the spine for 2

4 plies (2 counts down 2 up)

Left arm to 5th, curve to the right side and bounce for 16 counts

4 count transition to straighten and switch arms

Bounce 16 counts in a left curve

4 counts to 2nd

16 forward

Up for 2, 4 plies (left arm up on 7, twist 8)

16 spiral curve forward right

4 count transition

16 spiral curve left

4 count come up and open arm to finish

Deep stretches

[7.30.2009 2:28]

Gibraltar - beirut

2 forward, 1 R, 1 L, fourth fourth, 2 first

Starting in 2nd:

Forward curve for 2, extend to flatback in plie for 2

Straighten the legs for 2, back to upright for 2

Repeat

Twist to the right, R arm 5th L arm 2nd

Forward curve drop the arms for 2, extend flatback diagonal L arm 5th R arm 2nd for 2

Stretch the legs for 2, upright and twist to the left keeping the arms for 2 (up 1 twist 1)

Repeat to the left (R leg demi rond front to wide fourth)

4th (keep arms 5th throughout)

Curve forward for 2, flat back lunge for 2

Raise the body to diagonal line of the leg for 2

Come to standing brush R leg back to wide 4th L

Repeat (transition: push back to tendu/degage L, step forward to 1st)

In 1st (keep arms 5th throughout):

Curve forward for 2, extend flat back for 2, upright for 2

repeat

Foot warm up/tendu

Feet one – London Dance Collective

Starting parallel

1-4 Half full half down, straight standing leg.

5-8 Repeat in plie

1-2 one full press straight 2-4 one full press in plie

5-6 one press slow, &7&8 two quick presses

Repeat left, turn out on 8&

Repeat in first R and L

Back series [7.30.2009 7:27]

Fours 60 – London Dance Collective

Contraction release, curve, arch, tilt, twist, curve twist, arch twist plie

2 counts each position, repeat 4x RLRL

Exercise on 6 [7.30.2009 9:40]

Exercise on 6 two – London Dance Collective

Parallel, arms 2nd throughout

Repeat sets 1-3 RL and set 4, 2x. 2 counts for each position

Set 1:

Twist plie, twist curve plie, center curve plie, flatback plie, stretch the legs, body upright

Set 2:

Twist plie, twist curve plie, extend flatback twist, curve forward center, high arch, body upright

Set 3:

Twist plie, twist curve plie, flatback baby hinge plie, center baby hinge plie, twist hinge plie, upright and straighten legs

Set 4:

Forward curve, plie keep the curve, roll to high arch plie (4 counts), straighten legs high arch, body upright

Arm overhead [7.30.2009 11:55]

Do you wanna do nothing with me – Lawrence

Parallel, 1 count each position:

Forward curve, upright, side curve, upright, rib isolation L, contract lower spine

Repeat L

Circle body R 2 counts each position: forward, side, arch, side

Circle L, 2 counts each position

Repeat whole sequence 4x RLRL

Plies

Kick it to me – Sammy Rae and the Friends

3 plie 1 rise in 1st, 2nd, 4th, 5th, 4th, 5th. 2 counts down 2 counts up,

1 grand 1 rise all positions, 4 counts down 4 counts stand 4 counts rise 4 counts lower

Brushes on and off the floor

Sour candy - melt

1 slow to plie, 2 quick no plie, repeat off the floor 12&3&4 56&7&8

Tendu, lower flat centering the weight, press back to tendu, lower to small lunge, press back to degage 12345 hold 67 close 8

Paralell RL, 1st front front side side back back

leg circles:

missing piece – Honey Butter OR eights 80 – London Dance Collective

put it down front side back stretch

2 off the floor with a flexed foot 4 counts each, 4 ronds no flex in 2 counts each

Plie slow rond with curve to the front, tilt to the leg to the side, flat back to the back, one 8

Repeat Left

Reverse with plie rond upper body: curve to the back, tilt away from the leg to the side, high arch to the front

Beats on and off the floor (In 5th faster tempo with arms)

Jackie Onassis – Sammy Rae and the Friends

3 and a coupe & 1&2&3&4 front, side (in 1st) back, side (in 1st)

RL on the floor RL off the floor

Arms in 2nd to the front, same arm as working leg is in 1st to the side, same arm as working leg is in high diagonal to the back

Battements

Dean martin – Tess Henley

2 battements, on the 3rd bring it in to passe, close 12345 in 6 hold 7 close 8

Parallel parallel 1st ff, ss, bb

Relevés

[intermediate 20:25 (for part B)]

Restless heart – Yasmin Williams

Part A:

Plie rise plie rise plie rise coupe 12345 hold 678

Repeat L then repeat RL with passe

Part B

Plie 1st rise open to 2nd plie 2nd rise rond to 4th front, plie 4th front rond to 4th back, plie 4th back rise to close plie 1st

Repeat RLRL

Center/traveling:

Triplets

Threes 120

Front, back, side, side

Simple

With twist to the first leg of each triplet

With curves and tilts: curve to the front, arch to the back, tilt R to the R side, tilt L to the L side

Turning triplets:

Threes 80

1 turn: down, pique up turn, up

2 turns: Down up and up and up

Small jumps:

Eights 110

8 in 1st 8 in 2nd 16 changing 1st and 2nd

One foot jumps in coupe switching upper body side curve

Button on brown – alan gogoll

Down down up down

Big glissade jetes

Eights 90 or 110

Jump combo:

Threes 130

Temps de fleche, step step attitude side upper body up/side, step attitude attitude up and over body up/forward curve

123 123 123