

# **GAGA dance Lesson #1**

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**Let your body get a littlest hard everywhere.**

**Now make it soft and float w/o collapsing...**

**Look for many curves in many places in your body....**

**Start to describe more circles without committing your self to completing the circle you are describing....**

**And allow the movement to travel through you now as you curve...**

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**Bring life into the insides of your hands...**

**Try to let your ribs move away from your pelvis...**

**Activate your spine....**

**Look for small movements now - not to big....**

**....and listen now more to the weight your body parts as you move....**

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**And increase a little bit the rhythm of what you are doing....**

**And begin to start drumming a little bit on your body.... (All over)**

**COUNT BACKWARDS FROM 10....**

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**Running in place w/o running....using your arms while you are bouncing....Shift your weight a littlest from side to side....**

**...and move a little bit your pelvis under you....and see how the shoulder blades engage over your ribs....**

**On purpose - let the movement of the shoulder blades get larger...and as you do it - let your self make a little bit of sound.....**

**Go a little bit faster.....and as you go faster...**

**And as you go faster...feel the sense of plenty of time... were not rushing anywhere....**

**... and the faster you go...the more you don't get anywhere....**

**COUNT BACKWARDS FROM 10....**

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**Float with out collapsing....**

**Let your arms visit the space around your body....**

**Caress your ribs with your shoulder blades.... And let your hands be moving from your heart....**

**Now, just move your hands from your hands....**

**Now, move your hands from further inside your body...Let your hands move further... And caress your ribs....**

**And feel like you are pulling a little bit your bones - out of your flesh....**

**Pull your ribs..... your arms... your sacrum...**

**And as you do this, rotate your shoulders inwards....and let it also take the shoulder blades....**

**And go the the other way.... let your shoulder blades roll outwards....**

**And let your arms be closer in and feel how your bones are floating inside your flesh....**

**Move your ribs in the front....in the back....inside the flesh....**

**Move the bones of your shoulders...inside the flesh...**

**And now lets grab our bones with the flesh....**

**Let the flesh grab the shoulders and take in circles...**

**Let the flesh take your ribs.... Let the flesh take your pelvis...**

**And become thick...Become thick in order to grab your bones...**

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**(Counting 1,2,3,4 repeat on each soft and thick)**

**Stay thick and move 1,2,3,4 ....and then become very soft 1,2,3,4...and then grab your bones 1.2.3.4.... and then become soft 1,2,3,4....**

**2 and 2**

**Thick and 2....and soft and 2...**

**1and 1**

**And thick..and soft...and this...and soft....**

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**And then see if you can do thick and soft together..... So you can live in both worlds...**

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**And just float.....**

**And just drop your arms (percussive)  
And again...**

**And let your self collapse the arms into movement....**

**Connect the collapse into your dancing legs....**

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**Listen to the weight of your chest and play with it....**

**And see if you can translate weight and gravity into horizontal movements....**

**You feel gravity through your body... and turn it into horizontal movements....**

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**And float... Look for curves again in many places...**

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**Listen to the flow of energy in your body....Even before movement - allow energy to travel through you...**

**And career your self against what you are wearing... You run your skin against what you are wearing - everywhere....**

**Keep caressing... and feel your entire skin....**

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**And bend your knees... take your ribs forward...**

**Lift the arms....Let the arms be less symmetrical...as they reach...**

**Feel that you are grabbing the shoulder blades to do it....**

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**take your arms down and touch the floor...**

**Shift your weight on your arms and legs...**

**And come up into horizontal movement...**

**And down... And up to horizontal....**

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**And Quake...like somebody is shaking your pelvis...**

**Let it echo everywhere...**

**Now quake/shake inside your chest and your pelvis....**

**Quake/shake in your arm pits....between your ears...Legs...**

**And keep quaking/shaking every where...**

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**And feel like as you are quaking you are dancing....**

**And as you do it add your voice....**

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**And float.....**

**END....**