

GAGA dance Lesson #1

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...

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....

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....

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....

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...

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

Stay thick and move 1,2,3,4and 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....

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

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....

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....

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

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....

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....

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....

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...

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

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

And float.....

END....