

STG VIDEO - BrainDance Warm-Up | Anastasia

About the BrainDance: The BrainDance warm-up is a series of 8 movement patterns that connect the different parts of our brains and can help us feel more awake, grounded, and refreshed. The BrainDance was created by Anne Green Gilbert of Creative Dance Center in Seattle, Washington. This BrainDance warm-up was created by Seattle Theatre Group Teaching Artists.

Details: This warm-up uses characters, singing, and movement inspired by the animated film and Broadway musical, Anastasia

Age: The BrainDance is great for any age, level, or ability!

Supplies Needed: An open space for movement and a chair if desired.

Video Link: <https://www.youtube.com/watch?v=-vflSi-xqrl>

STG Teaching Artists: Amberlee Joers and Adriana Wright

ANASTASIA BRAINDANCE

Breath –

- Breathe in and let it out on an AHHHHHHH
- Breathe in and let it out on a SHHHHHH
- Breathe in and let it out on a SSSSSSSS
- Can you do it for 8 counts?

Tactile

- Make a brrr sound (lip trill, making your whole body vibrate with sound, like your cold!)
- While making the brr sound, rub different parts of your body – arms, back, neck, chest, stomach, legs, feet, etc. and hum
- Tap different parts of your body, can explore other verbs like squeeze, pat, scratch, etc. for a variety of tactile sensations

Core Distal

- Stretch your body, arms, and legs out as big as you can like a unique snowflake
- Melt and shrink in to a small, closed shape
- Expand and shrink for 4 counts
- Expand and shrink for 2 counts and then fast in 1 count
- Make your face big – add a big sound like a bear!
- Make your face small and scrunched up and make a puppy sound like Pooka the puppy

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Head Tail

- Go on a wild train ride through the snow
- Move your spine up and down while making your voice go high and low with your body

Body Half – Upper/Lower & Vocal Resonators

- **Upper Body**
 - Grandmother – “Together in Paris!” in head voice with crown pose
 - Demitri – “Ow I think you broke my nose!” in a nasal voice, hold hand to nose
 - Anya/Anastasia – “Heart don’t fail me now” in a chest voice, open arms out
- **Lower Body**
 - Rasputin – “Long live the Romanovs” in a low voice, bend knees/stomp, sway shoulders or hips
 - Lily/Sophie – “Oh lala, Oh lala, Oh lalaaaa!” and shake hips around
 - Bartok – “I giver her a HUH and a HIYA and I kick her sir!” while chopping arms or legs around (safely in your own bubble/space clear of people and objects)

Body Side

- Move one elbow to the same side knee or hip – can move elbow towards knee or move knee up to elbow, repeat on the other side back and forth singing “One step at a time, one hope then another”

Cross Lateral

- Cross hand or elbow towards opposite knee or hip and repeat on other side back and forth singing “Paris holds the key to your heart, and all of Paris plays a part.”

Vestibular

- Spin in a circle in one direction and imagine watching a beautiful show in Paris while twirling or gently roll your head in one direction for 8 counts.
- Pause, find stillness, take a deep breath
- Repeat in the oppose direction
- Pause find stillness, take a deep breath

Celebrate your work!