

STG VIDEO - BrainDance Warm-Up | The Lion King

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 Disney's *The Lion King*

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=5pALyvN3X5c>

STG Teaching Artists: Faith Howes, Amberlee Joers, and Adriana Wright.

THE LION KING 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 SSSSSSS
- Can you do it for 8 counts?

Tactile

- Rub different parts of your body – arms, back, neck, chest, stomach, legs, feet, etc. and hum (really make your whole body vibrate with sound)
- Tap different parts of your body and make an AH sound (thinks Tarzan ahs!)

Core Distal

- Stretch your body, arms, and legs out as big as you can and then shrinking your body, arms, and legs in as small as you can
- Shrink and grow for 4 counts
- Shrink and grow for 2 counts
- Shrink and grow in 1 count (repeat)
- Stay big and make your face really big, add a BLAH/ROAR sound
- Make your face small and squished, add a tiny whining/mouse sound

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Head Tail

- Move your spine up and down on a roller coaster ride while making your voice go high and low with your body
- Go on a Roller coaster loop dee loop (emphasize singing, not screaming)
- Pretend the ride took a picture of us the craziest part of the rollercoaster ride and pose!

Body Half – Upper/Lower & Vocal Resonators

- **Upper Body**
 - Zazu - Flap arms like wings and go high in voice saying, "ZaZu!"
 - Nala - Shake head from side to side, say "Nala" in a nasal voice
 - Simba- Take fist and tap across body, say "Simba" in a deep chest voice
- **Lower Body**
 - Scar – Bend knees and move low in body, say "Scar" in a very deep, low voice
 - Pumba - Shake hips, say "Pumba" in a silly, expressive voice
 - Hyena - Skip jump with legs, laugh "hehehe" with your voice going up and down

Body Side

- Move elbow to same side of knee while singing "Hakuna Matata what a wonderful phrase"

Cross Lateral

- Cross elbow to opposite knee while singing "Oh I just can't wait to be king"

Vestibular

- Spin 8 counts or rock side to side for 8 counts (singing Circle of Life!)
- Find stillness for 8 counts (*stillness after being dizzy strengthens our brains*)
- Take couple of deep breaths in to close out BrainDance

Celebrate your work!