

Physical Scale Warm-up (using BrainDance components)

- *Tuning/Yawning Improvisation (pre-warm-up)- small, medium, and large yawns (16 cts or 32 cts)
- *Breathings (expand & contract)- active inhalation and exhalation (nose/mouth), strong and grounded, full body/mind engaged; listen to breathing
- *Core/Distal (and Tactile)- Improvisation (4 cts each, 4 sets, use various levels, tight compression/full extension through all parts of body)
- *Head Isolations- Right, Left, Back, Forward, R ear-L ear, roll in one direction and reverse
- *Shoulder Rolls with side weight shifts- shoulder simple, fingers to shoulder, long arm circle, yawn-undulate-core, horizontal eye tracking; Repeat to L (opening the torso rotations/spirals)
- *Head/Tail- Cat & Cow (spinal actions; vertical eye tracking)
- *Upper Body/Lower Body- twist (4), bend (4); Flocking: Circular Gliding Run- 8 cts to R and 8 cts to L (ensemble awareness)
- *Body side- full arm circles with extended leg lunge (keep weight forward)- 4x, 2x, 1x
- *Body stretch extension vertical with energized hands, melting down, undulate, palms to ground (Up on 1, slow melt for 7 cts, repeat 4X change feet position)
- *Cross Lateral Threading- sequentially moving through the body; hamstrings and legs stretch; diagonal eye tracking
- *(Vestibular) Swings- front, side, front, side
- * Snow Angels
- * Thigh lifts (activating the gluts and hamstrings, standing legs, core engagement)
- * Stretching and Lunges
- * End with Breath; excellent alignment

For more information:
"Ready - Set - Move!"
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