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## Dances With Horses Clinic

### Choreography - Disc 1

#### Day 1

##### Menu 1

- 1. Intro To Choreography** - How does choreography differ from a demo? What do you look for in a performance? Performing with a horse means creating a score that is flexible.
- 2. Warmup Exercises**
  - Upper Body Warm-up** - Large circles for arms; activate scapulae; active use of spatial imagery to get maximum reach through arms.
  - Pelvis** - Circling sitz bones to 12:00, 3:00, 6:00 and 9:00; use abdominals to fully mobilize pelvis
  - Brain Gym**
  - Write Your Name** in cursive with different body parts in vertical (frontal), horizontal and sagittal planes.
  - Draw A Map** on your body: Really concentrate on the internal thought process. Note you will take your attention out of space. This can be a great activity for giving the horse a rest!!
- 3. Logging - What Comes Next** - Transitions, do a simple task with your hands, remember it, do the next thing that comes to your mind. First thought best thought. Let your body do the thinking in deciding what comes next!
- 4. Telling A Story - Flow Lines** - One person starts the story then passes it. Tellers all have to track on the storyline. End person must tie up all the loose ends of the story.
- 5. Surprise Your Horse** - Take your horse either at liberty or on line and play. Do things you have never tried before. Try to surprise your horse. An observer logs those new ideas for you.
- 6. Mirroring Techniques** - Mirroring your horse or another person means aligning your center (torso) with theirs. With a horse it is helpful to think of your shoulders being the horse's shoulders and your hips are their haunches. These exercises are helpful in building skills in giving and taking leadership and maintaining flow lines through transitioning.
  - Mirroring Face to Face** - Take a movement idea, reshape it and make your own.
  - Side By Side Mirroring** - Same as facing.
  - Shadow Each Other's Gestures**
  - Give and Take Leadership**
  - Steal Leadership**
  - Relinquish Leadership**
  - Feel the Difference between these kinds of leading and following**

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## Dances With Horses Clinic

### Choreography - Disc 1

#### Day 1

##### Menu 2

- 1. Doing A Task** - This exercise is used to practice the simple act of doing a task as a follower and develop skills in transitioning, phrasing and timing in a leadership role.  
**Circle Exercise** - Follow **ONLY** the person right next to you. The leader is responsible for being clear, being aware of her own actions as well as the flow of the whole group.
- 2. Chorus Line** - Following a leader exercises that use lots of repetition, test our skills in making movement transitions, and work on leading and following. These exercises also work on your ability to sense back space, use peripheral vision, transition between one idea and another, and be a leader who takes full responsibility for the group in back of you!  
**Chorus Line As A Group**  
**Chorus Line In Trios/Herding**
- 3. Scoring** - Creating a score with your horse. Establish repeatable ideas. Do not set an order of events. Set the cues you give (or that the horse gives you) as if you were establishing the rules of a game. Set all of this to music.
- 4. First Presentation**  
**Sub-Menu 1**
  - 1. Jeannette & Caren**
  - 2. Susie**
  - 3. Jenney**
- 5. Conclusion - Day 1**
- 6. The Paso Parade**

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## Dances With Horses Clinic

### Choreography - Disc 2

#### Day 2

##### Menu 1

1. **Space Harmony** - Noticing when bodies are aligned in space. Horses sense this all the time.
2. **Warmup**
  - Upper Body Mobility** - (arms, scapula, shoulders, using rotation).
  - Pelvic Mobility** - (same as day before), add the head, write your name with body parts, platter exercise for arms, scapulae.
  - Hands** - Noticing how different surfaces of your hand (different fingers) connect to different places in your back; little finger, ring finger, middle finger, index finger and thumb.
  - Using Spatial Intent** - polio victim therapy; child lying on a matt reaches for a cup just out of reach.
3. **Name Game - Directing Movement w/Body** - Say your name and turn your head to either the right or left. This passes to the next person. The objective is to sense the internal pulse and not let it change.
4. **Drive/Draw - Directing Movement** - Using the same concept as with your horse, try to drive and draw a partner's body with your focus in combination with very directed body movement; i.e. use your elbow to drive or draw a partner's shoulder. Objective: clarity of spatial intention and articulate expression through a chosen body part. Be clear!
5. **Side By Side Leading/Following** - Mirroring but working **side by side**. Finding repeatable movement phrases, logging them. Without talking establish a cueing system. Again, you have created a choreographic score!
6. **Application Of Morning Exercises** - Apply these exercises to working with your horse.

##### Menu 2

1. **Dance Demo/Discussion** - Duet for Rebekah and Marcel. Watching a choreographic score come to life. Laurence adds the unpredictable element of the puppy. Discussion
2. **Trios - Herding/Tailgating/Eddy**
  - Herding** is when the leader changes as the facing of the herd changes.
  - Tailgating** is when the herd swings around so that the same leader remains even as the herd turns.
  - Eddy** is when each member of the herd turns around herself (on her own axis).
3. **Scoring**
4. **Presentation Of Final Piece**
  - Sub-Menu 1**
    1. Jeannette
    2. Jenney
    3. Susie
    4. Caren
5. **Conclusion - Day 2**
6. **Solomon's Serenade**

##### Menu 3

1. **JoAnna & Solomon**