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Cleaning Routines

Choreography Fixes:

- Strengthen story arc: strong beginning, climax, strong end, highlights in between
- Get inspiration from video sources of similar performing venues and teams
- Take a close look at transitions. Are you just walking? Or walking with different arm motions each time? Switch it up by dancing through the transitions. Use transitions as an opportunity to make pictures with traffic patterns.
- What shapes are we making? Are we utilizing all parts of the floor Are we using a variety of shapes in our formations?
- Flat parts can be fixed by adding dimension: levels, group work, have some team members face different directions.
- Are all “planes” being utilized? Low with floor work and levels, high with lifts and leaps
- Add a “mini-lift” or “mini-turn combo.”
- Send a video of the routine to a trusted set of fresh eyes.

Technique Fixes:

When you're short on time:

- Strategic placement of those that need improvement
- Strategic utilization of staging and group work to highlight the skill with those that can perform it well, and others support it with simpler choreo
- Make sure the tempo of the music selected is an appropriate tempo for your team to fully complete the moves while using proper technique, or make sure the music tempo can be edited without violating contest rules.

When you have more time:

- A lot of sloppy technique is due to a lack of stamina and endurance on the part of the dancers. Work on stamina from day one with progressions across the floor. Many teams will use leap combos that are in their competition routines as progressions.
- Do a before practice warm up that includes cardio (jump rope, jumping jacks, burpees, shuttle runs.)

- Perform the routine 3 times in a row, no stops.
- Don't allow the team members to collapse or sit between run-throughs.
- Coach's Eye app for iPhones and tablets (video analysis).

Synchronization Fixes:

- Sometimes synch can be improved by selective omission of some choreo
- Pick music that you can edit tempo without violating rules and then slow down the tempo of the music a bit so your team can complete the moves.
- Drill in sections. Practice any corrections given. Repeat, repeat, repeat.
- Video the routine and watch as a group.
- Coach's Eye app for iPhones and tablets (video analysis).

Showmanship/Communication/Projection Fixes:

- Video the routine and get closeups
- Preview the routine to a small group and have them give feedback regarding "connection."
- Recognize the performers who are really "selling" it
- Video the one(s) who are doing a great job telling the story and have the rest of the team watch it so they can emulate

Difficulty Fixes:

- Strategic placement of solos and tricks (ripples, pictures)
- Use of groups: those with a skill perform the skill, those who don't perform choreography that will enhance the look of the skill
- Slower parts of the routine can be punched up simply by using the "and" counts
- Look at transitions. Does the routine appear simplistic (like a series of starts and stops) because transitions aren't danced through?
- Add a lift, pom trick, or visual formation.

Prop Handling Fixes:

- Include a variety of ways that the props are handled. Held, thrown, exchanged between dancers, using feet, on ground not just standing
- Make pictures with your props
- Have a big prop, medium prop, small prop
- Look at the precision of the prop handling. Timing, angles