

Tandy Beal & Company presents...

Step Right Up!

A Study Guide in Creativity, Cooperation,
Concentration and Fun!



Step Right Up! moves from the joyful to the joyful! With artful feats of **strength** and **flexibility**, **rhythmic gymnastics** and **visual illusions**, audiences are brought into the wonder that is all around us. Concentration and attention to detail are what make each circus-flavored dance inspirational and help us see the **extraordinary in the ordinary**.

Circus and Dance Elements in Step Right Up!

In Step Right Up! You will see 5 performers demonstrating skills of:

Balance, Flexibility, Strength, Cooperation, Collaboration and Wonder!

Our Circus/Dance performers use these skills to invite you to think about the world in unexpected ways and to see wonder in everyday objects and situations.

Wonder

What is Wonder? What is Wonderful? Think about your world. Look around the room. What is truly “wonder-full” / full of wonder? How many “ordinary” things and objects can you look at differently and find the wonder that is in them? **Go around the room and have each student name one thing that is wonder-full.**

Balance

What is balance? Can you give an example?

Balancing Yourself: Try balancing on one foot. See if you can move other parts of your body while balancing.

Can you write your name in the air with your arm while balancing on one foot? Can you write your name in the air with one foot while balancing with the other? You can use different body parts (head, nose, elbow, knee) and keep them balancing. *Try changing feet after you write your name with one body part!*

How did you do? Was it easy? What did you need to do to be successful in keeping your balance? If you looked at one spot did it help you? Could you balance if you looked around the room?

Balancing an Object: Try balancing a ruler vertically in your palm.

Materials: 12 inch classroom ruler. One for each student.

Everyone stand up. Extend your arm with your palm flat and facing upward. Stand your ruler vertically in your hand and balance it – ***with your palm completely flat*** –... can you balance it? For how long? Can you try to double the length of time...?

How did you do? Did the ruler fall? What did you need to do to keep it vertical? What would help you do better the next time? Try it again!

In juggling, there is a saying: “It doesn’t matter how many times you drop the ball, only how many times you pick it up!”

Strength

See how long you can hold your body in plank position. Teacher: Ask students if anyone knows “plank” and if they can demonstrate. If not, ask them to look carefully at the picture and duplicate it with their own bodies. Remind them to be straight like a board (or plank) from their head to their toes. No sagging body parts.



How did you do? Could you do it for two minutes? Was it difficult? Easy? Which parts of you got tired first?

How long do you think you could hold an elephant in the air?

Cooperation

Find a partner. Use one ruler for each pair of students. Hold the ruler lengthwise with your partner **using one flat palm each**. (One person’s palm is on one end of the ruler, and the other person’s palm is on the other end.) How many interesting ways can you move the ruler together, **keeping your palms flat the whole time**? Can you move it up? down? Can you travel around the room? Can one of you turn? Or go to low level?

How did you do? Did your ruler drop? What did you need to do to be successful in keeping the ruler from falling? Did you cooperate with your partner? Did you use any verbal or non-verbal communication?

Want to up the ante? Try using one index finger instead of your palm!

Collaboration

Test your group collaboration skills. Can you spell the words below by making the shapes of the letters **with your bodies**? First, as a group, have each child make their own shape for each letter as you spell the word. Then, let them try to make the letters in groups of 2 or 3.

DANCE.... CIRCUS..... STRENGTH BALANCE

How did you do as a group? What helped you be successful in spelling the words together? How did you communicate? How did you collaborate? Did you need to be flexible?

Creativity

Teacher: Write the following “What if..” questions on the board. Have the students read them together and have each student choose one question to write a short story about. Then have the students who want to share their stories read them or tell them/act them out to the class.

What if something as big as a bathtub weighed less than a feather?

What if gravity went sideways?

What would the world be like if you were 10 feet tall?

What if you could write in the air with colors?

What if you could rearrange your face?

What if you could dance without ever touching the floor?

What if your feet could make music?

Step Right Up!

Performers:

Saki, Keith Cowans, Mercedes Johnson, Amelia Nommensen, Adrian Torres

Choreography:

Tandy Beal and dancers

Music:

Original music composed by Jon Scoville and is featured on his new album, *Tuba or Not Tuba*.