

## **Gulliver's movement exercises set by your choreographer Liz Clark:**

### Warm up Activity:

#### 1. **18<sup>th</sup> Century Dance**

(This is the dance Gulliver is made to perform for the farmer around the land)

- Start facing a partner (possibly in two lines facing each other)
- Walk forward for 4 counts, 1,2,3,4, on the 4<sup>th</sup> count take your hat off to greet your partner.
- Counts 5-8 walk backwards.
- Repeat counts (1-8 as above)
- Counting 1-8 circle yourself around to the right completing the circle on the 8<sup>th</sup> count
- Counting 1-8 circle yourself around to the left completing the circle on the 8<sup>th</sup> count

### Movement sequence activity:

#### 2. **Dr Head and Dr Foot – movement sequence**

- Using some music with a beat for example Basement Jaxx – [Do your thing](#)
- Find a space in the room and touch your head 8 times.
- Now touch your feet 8 times.
- Touch your head 8 times but this time with 8 different types of touch (a poke, pat, tap, push in different areas of your head)
- Touch your feet with 8 different types of touch (e.g., bring your feet up, touch front/back, tap different parts of your feet)

To build this further:-

- working in pairs with partners A making contact with B's head 8 times,
- Then B making contact with A's foot 8 times.
- A Repeats but this time 4 times
- B repeats but this time 4 times.

Show back your Dr Head and Dr Foot sequence. You could build this in groups and play around to create your own unique movement sequence.

#### 3. **Glumdalclitch and Gulliver**

Gulliver and Glumdalclitch play together - developing a bond.

- Exploring the movement between a girl of the students age and puppet that can be manipulated (create puppet either from newspaper or paper and masking tape- see puppetry exercise).
- Creating a masking tape Gulliver, one child plays Glumdalclitch and the other one manipulates the puppet Gulliver, swap over.
- Exploring the use of props (e.g. Gulliver inside his sleeping compartment, a shoe box perhaps,
- You could try this exercise to a piece of [instrumental gamelan music](#)

#### 4. Yahoos and Hoynhmms

**Scene:** The yahoos versus the Hoynhmms.

**Activity:** Physicalize each group, explore characteristics.

Gulliver says of the Hoynhmms in the show:

Excerpt from the script:

**Gulliver** (*to audience still with Stallion*) I was dumbfounded. Were these horses trained to

utter simple sounds? Who were their masters?

Why did I feel obliged to kneel. Were they

magicians, or were they spirits inhabiting

wild horses' skins?

- As Hoynhmms are elegant students could use their arms as extension of the neck. Movements might be upright/poised/high level/slow, explore the movement of a Hoynhmm.
- Yahoos on the other hand may be bent over/chaotic/using the floor/low level/quick – add your own movements to explore the character of a yahoo.
- Set each group against each other to contract – coming from each side of the room.
- Change the intensity from level 1-10. Each groups starts at 1 (smaller) and grows in intensity to 10 (large) as they come together.
- Explore in pairs as well as in bigger groups.