

OLLI Solo Blues Dance with Jennifer White

Week 2

February 5, 2020

This is what we covered:

- Isolations: Shoulders, Hips, Chest/Rib Cage
- The Blues Aesthetic: Being Cool
 - Being Cool
 - Being Relaxed
 - Confident
 - Assertive
 - Posture – bent knees, slight bend at hips
 - Assymmetrical shapes
 - Pulsing
 - Making everything look easy and effortless
 - Soul Train
 - Soul Train Jungle Boogie Kool and the Gang
<https://www.youtube.com/watch?v=JQLF37csfhl>
- Reviewed Moves from last week:
 - James Brown
 - 1930's film, Crazy House at 7:20 https://www.youtube.com/watch?v=pDABkTsZ_ZQ
 - James Brown (1933-2006) at 2:55, 3:14, 3:49
<https://www.youtube.com/watch?v=EZVIMjACF4>
 - Blues Brothers Movie, Can You See the Light at 6:00
<https://www.youtube.com/watch?v=xbq0OujtErs>
 - C-Hips
 - Nicole Trissell demonstration of C Hips
<http://www.bluesmoves.com/c-hips.html>
 - Jazz Squares (see last week for videos)
- New Moves:
 - Messaround
 - Nicole Tressell, example as solo move
<http://www.bluesmoves.com/the-mess-around.html>
 - Contemporary partnered dance example by Obsidian Tea
<https://www.youtube.com/watch?v=WYvNDrEckoc>
 - Breezy Knees
 - 1890's Cake walk with breezy knees at 1:32
<https://www.youtube.com/watch?v=Qr8DtDhWuMg&t=234s>
 - Calypso Dance at 2:10
<https://www.youtube.com/watch?v=Qr8DtDhWuMg&t=234s>

- Movie Grease, Greased Lightning, John Travolta at 1:40
<https://www.youtube.com/watch?v=H-kl8A4RNQ8>
- Using Phrasing and the Twelve Bar Blues
- Review Shake Your Money Maker Line Dance
 - Dan Repsch and Natalya Alissa
https://www.youtube.com/watch?v=H8OP_dUCgY