

Springwood High School PTFA presents

Cabaret

Fri 15th & Sat 16th July @ 7pm

2 bands—Swing Band playing 40's & House Band playing 60's

Non stop live music and dancing

2 course meal and bar

Tickets £15

Special Offer £13 before 11th July
or (Table of 10 £120)

Proceeds to 2017 performing arts tour to Australia

Phone 01553 778090 r.moate@springwoodhighschool.co.uk



COLOUR WAR

SPRINGWOOD DANCE SHOW

TUESDAY 5TH JULY 2016
7PM MSFCH

PROGRAMME £1.50
TICKETS £3

PROCEEDS GO TO DANCE DEPARTMENT BUDGET



Backstage...

'Colour War' has been created in order to allow students at Springwood High School the opportunity to dance on stage to an audience. It is a platform to encourage, promote and praise the talents of our students. The title of this evening encapsulates the theme for some pieces in sound and choreography.

Five of the acts have been choreographed by our Dance Leaders in Years 11, 12 and 13. This Dance Leader task serves as part of their enrichment in which these students have led dance activities and created promotional events. Each Dance Leader has been designated a House to lead. This part of the evening serves as a competition between the Houses in which a trophy will be awarded. The Houses are being judged on originality, choreography, performance, and the 'wow' factor. The trophy will be presented by Mrs Paulo at the end of the evening.

The remainder, and majority, of this evening serves as an uncompetitive performance opportunity whereby Mrs Paulo has choreographed dances and some students have been asked to perform their own choreographies based on their dance achievements throughout the year.

We have some amazing dance talent at Springwood High School and tremendous achievements have been made by some of the students this year. I hope that you appreciate the dedication from all students in order to create this evening, and acknowledge the enjoyment and confidence they gain from dancing.

"Dancers are the athletes of God."
-Albert Einstein

Dance Exams @ Springwood

GCSE Dance: I am very happy to announce that our current GCSE Dancers performed brilliantly in their practical exams with 100% of students achieving grades A*-A in their externally assessed practical exams.

Level 1/2 First Certificate in Performing Arts (Dance): All students have received a Pass, Merit or Distinction thus far. We now await for final results in August to see how the external examiner marks their last unit. Special mention to Tiegan Proctor and Megan Waite who could come out with a Distinction Star.

AS Level Dance: Another practical success in the AS exam with all students achieving A-C grades, and 75% A grades. This will equate to 60% of their overall AS grade.

A2 Dance: As all practical and theory exams in Year 13 are kept under wraps until the summer we will have to wait and see! Some wonderful work has occurred this year and we hope they have what they need to embark on higher education or to enter the world of work. Well done!

A huge thank you must be made to all staff, students and parents involved in the running of this evening. Dance leaders..... Well Done! You took on a challenge and succeeded. I hope that you are proud of the work you have achieved. Dawn Paulo—Director

Judges—Dawn Paulo, Alun Bliss, Amanda Arterton,
Emma Williamson, Bethany Holmes, Andrew Johnson

Technical Manager—Matt Austin, Stage Manager— Jill Catmull
FOH— Paula Moate, Backstage—Carol Scott, Sarah Robinson,
Kayleigh Miller, Jess Mazet.

A2 Choreography

'Free Movement' - *Elisabeth Dale*

"My group choreography was based on 'Hot Train' by Paul J Borg. It imitated the music by using strong music visualisation and direct correlation. For example, when the music plays short quick staccato notes I have two of my dancers performing isolations in unison to highlight these notes making them stronger and sharper within direct correlation. Music visualisation is also used, for example there are three notes that are repeated twice within a sequence; two high notes two lower notes and then two high notes. My dancers highlight this within the movement by changing levels, reaching up with arms outstretched, coming back to normal height with the right arm placed under the chin, and then reaching up again with a circling arm pathway."

Dancers: Megan Smith, Izzie Harmer-Borley, Olivia Grant



Maternity Leave

Next academic year I will not be at Springwood as I embark on the new challenge of motherhood. I leave the dance department in the capable hands of the newly appointed Miss Holmes and promise to keep in touch! Best wishes to all students I am leaving behind, especially my year 10s and 12s who will be completing their GCSE and A2 year—you will be amazing! I look forward to seeing your exam work next year... make sure you reach your potential!

It takes an athlete to dance,
but an artist to be a dancer
Dance Leaders

Olivia Grummett: Blickling Dance Leader

"I started Ballet lessons at Noise and Chance School of Dance at the age of 3 and still dance there today, where I have lessons in ballet, tap, modern, jazz and stepping. Along with performing in my dance school shows I have also performed in three professional pantomimes produced by Jordan Productions and in the touring 'Annie' the musical when I appeared as Duffy, one of the orphans alongside Su Pollard. Additionally I have danced alongside the stars of Strictly Come Dancing on their touring show and had the opportunity to dance at the Royal Albert Hall and Her Majesty's Theatre. I have also taken part in many dance competitions such as UDO, BDO, Can You Dance and Breakin' Convention. I have completed my GCSE dance; achieving an A grade and I have just completed my AS dance gaining an A in my practical exam. I am hoping to pursue a career in primary teaching but plan to continue dance for enjoyment and fitness."



Molly Barlow: Blickling Dance Leader

"I have been dancing for 13 years at 'Noise and Chance School of Dance'. I take ballet, jazz, street, contemporary, pointe and stepping. Dance has always been a big part of my life and I have been lucky enough to have been involved in many competitions in side of school and outside, e.g. Breakin' Convention, Bobby Dazzlers in London at Her Majesty's Theatre and the Strictly Come Dancing Tour; dancing along side many dancers such as Pasha and taking master classes with Matt Flint, Tom Shilcock and Dominic Lawrence. Recently my dance school is applying for Britain's Got Talent. I have just completed my GCSE Dance exams where I achieved all A* grades in my moderated practical exams."

Olivia Grant: Felbrigg Dance Leader

"I began dancing at Footlights at the age of 2. I am trained in a variety of dance styles including Ballet, Tap, Musical Theatre and Contemporary. Within the years that I have been dancing I have had amazing opportunities such as performing at Disney World Florida, Disney Land Paris, a Mediterranean cruise ship, and many other amazing theatres in and around London with some amazing people. I studied GCSE dance gaining an A grade and at AS-Level I gained an A grade in my practical exam. I also study Performing Arts in which I have gained a Distinction Star. I hope to fulfil a career in acting and film directing which is why being the Dance Leader for Felbrigg has been a good experience."

TAKE MORE
CHANCES.
DANCE MORE
DANCES.

A2 Choreography

'Tokoloshe' - Vicky Butterfill

"I chose to base my group choreography around the African indigenous myth of the Tokoloshe; these evil spirits are called upon by malevolent people to cause trouble for others. The two humans clearly show that they have animosity towards each other by the consistent use of eye contact. Use of symmetry however shows that they are both on different 'sides' to one another. The Tokoloshe soon senses the rift between the two humans and attaches itself to one human in order to help cause harm to the other. The Tokoloshe's control is shown when she places her left hand on the chosen dancer's left shoulder and pulls her towards her with a slight backbend; showing the start of her movements and actions being manipulated. The dance continues to show the Tokoloshe and chosen human uniting to thrust harm upon and victimise the remaining human."

Dancers: Lacy Slingsby, Caitlin Kitney-Foster, Beth Mortimer .



Year 9 GCSE Dance

'Little Red Riding Hood'

- Erin Williamson

"I started dance classes in January 2015 at Studio 19 in Contemporary, Musical Theatre and Ballet. I have performed at Springwood in many shows including Christmas Concerts and have performed at the O2 as part of 'Dance Make Your Move', which was a national competition organised by the British Red Cross.

The piece that I am performing for you this evening is a contemporary ballet piece, I hope you enjoy."



Elisabeth Dale: Felbrigg Dance Leader

"I first started dancing with 'Noise and Chance School of Dance' where I took lessons in Modern, Tap, Jazz, Street, Stepping, and Ballet. I have been dancing for 10 years, within that time I have taken part in many shows and competitions such as the Strictly Come Dancing Tour, UDO, BDO, Can You Dance, and the Breakin' Convention tour. I am studying A level Dance at Springwood High School and have just completed my A2 exams. I also study Performing Arts at Springwood High School; gaining a Distinction Star which is where I am interested in having my career leading towards. Dancing has become a much more predominant feature within my life throughout the last few years and I am hoping that it will open doors for me in the future with my aspiring Performing Arts career."

Maddy Bush: Oxburgh Dance Leader

"I have been dancing since the age of 2 at the Theatre Dance School where I studied in Ballet, Tap and Jazz. At 12 years old I auditioned for a London musical theatre dance troupe called West End Kids and was successful; staying and performing with them for 3 years. I have performed at The Royal Albert Hall, The London Palladium, and other various venues around the country. While being at SHS I have participated in Kinetic Theatre productions, dance shows, talent shows, cabarets and performance evenings. I travelled to Australia in 2014 to tour a play with the Boomerang Theatre Company, performing around the amazing country including places such as Sydney and Melbourne. I wish my house the best of luck!"





Sophie Williamson: Holkham Dance Leader

"Since the age of 4, I have been dancing at Footlights Performing Arts (now Studio 19). I have trained in styles such as Ballet, Musical theatre, Tap, Modern, Jazz and Contemporary. I have performed in lots of dance shows over the years and I have thoroughly enjoyed performing in them. I took GCSE dance at Springwood and continued it on to A-Level where I have gained a A grade in my AS practical but am

now awaiting my overall result. I am so privileged to be supporting Holkham House this year as a leader and I wish my house the best of luck!"

Never miss
a chance to
DANCE

Maya Engledow: Holkham Dance Leader

"I started ballet lessons at Lynn Academy at the age of 6. Since then I have performed with Lynn Academy and achieved up to Grade 6 and will soon be in Intermediate Foundation classes. I achieved a B grade in Dance at GCSE and have performed with the school since year 7. I dance for fitness and enjoyment, for myself and others."



KS3 Dance 'Carnival'



"For the KS3 dance piece this year I chose to do something a bit more lively just to spice this year's house dance up a bit more.

I have taught KS3 dance club for three years now and I can honestly say they have made me proud. They always try their best and they never fail to make me laugh. They have worked hard towards this evening's performance; each of them showing you their talents in dance. I hope I am able to carry on and teach KS3 dance club for one more year and then hopefully hand it on to one of the other dancers in the school. I hope you enjoy tonight's performance that KS3 dance club are going to do for you as they have worked hard and put up with me for the past year. So please give a huge round of applause to my KS3 dance club."



Choreographer: Caitlin Kitney-Foster.

Dancers: Claire Mellor, Ella Harvey, Kayleigh McDonald, Georgia Thrower, Nicola Matthew, Ella-Louise Bell, Poppy Anderson, Lily Jackling, Kiera Clarke, Alexia Russell, Madison Fisher, Phoebe Hinchley-Wild, Inndia Howard, Carly English, Jessica Yates, Roxanne Nicholson.

Year 11 GCSE

Performance in a Trio

'Rosas Danst Rosas'

This piece has been choreographed by students and Mrs Paulo and dancers and will equate to 20% of their final grade. All students received A* grades from this performance, some full marks!

As part of the GCSE Dance Course students must perform a group piece based on the professional work; in this case 'Rosas Danst Rosas' by Teresa de Keersmaker. Students must show three clear links to the professional work including; similar action content, similar props/staging and the same dance style.

Dancers: Molly Barlow, Ceylan Onurlu, Georgia Dawson



Caitlin Kitney-Foster: Sandringham Dance Leader

"I currently train at Studio 19 outside of sixth form, I am also in the progress of completing my A level in dance as a result of getting an A* at GCSE and I have already gained A grades in my AS practical exams. I have been dancing since I was 4 and have competed in many competitions and have performed to an audience several of times. I performed at Disney Land Paris in 2012 and performed at Her Majesty's Theatre in 2013. I do an annual show every year at the Corn Exchange showcasing what we have been doing over the past year at Studio 19. I also currently teach dance club at Springwood High School for KS3 on a Thursday after school and have been doing so for the past 3 years. I hope you all enjoy the show!"

Tegan McLatchie-Brown: Sandringham Dance Leader

"I have been dancing since the age of 4 and I specialise in Hip Hop/ Street Dance at Alison's Street Dance Club. I am currently part of Team England and I have represented my county since 2010. This involves travelling around the world and competing against thousands of dancers. I have performed in many local performance venues such as The Corn Exchange and I have participated in a wide range of fundraising events. In addition, I teach on a weekly basis all the way from beginners to advanced and help to choreograph on teams which also complete at a national level at Alison's Street Dance Club."



Dancing with the feet
is one thing
dancing with the heart
is another

A2 Filmed Solos Exam Performances

Olivia Grant: 'Jiri Kylian'



"Jiří Kylián's piece "Falling Angels" inspired my choreography. I attempt to replicate the strong, sharp dynamics whilst still ensuring to maintain a fluent execution. I have used his stylistic features and the prominent theme of feminism as stimuli for my own motifs. I keep accurate to the space in the piece



travelling mostly in linear pathways and using a confined amount of space in the static phrases. I have added floor work to create different levels and change direction repeatedly to keep to the disjointed nature of his work."

Vicky Butterfill: 'Akram Khan'

"I have chosen to create my solo based on movement in the style of Akram Khan. I replicate the stylistic features he possesses of pushing my body to its full capabilities and extremities whilst anatomically pushing the boundaries. To convey the distinctive dynamics used by Akram Khan, the idea of harsh, strong movements and repetitive spins are used to contrast with fluid arm and hand gestures; the idea of attack and release is shown throughout the constant alternating between speed and stillness. The dance develops from the momentum that has been created through the use of ever-changing directions, levels, pathways and movement sizes as well as dynamics. "



Year 9 GCSE 'Men In Black'



This piece consists of students taking the GCSE Dance course. They have made an excellent start to the year; performing in the Christmas Concert and in the Year 9 Arts Sharing. Overloaded with contemporary this year, the group decided that they wanted to perform and choreograph a lively and more light hearted piece for tonight's performance. The piece has been directed by Mrs Paulo and choreographed by the students themselves.

Dancers: Saffron Gohegan, Megan Smith, Anna Dallas-Goncalves, Timmie Wenner, Sophie Wareham, Erin Williamson, Claire Mellor, Tilly Hewitt, Pippa Cunnington, Izzie Harmer-Borley, Maddi Dawson, Darcey Wood, Billie-Dea Manser, Kayleigh Rye.



Year 9 BTEC

'Colours of the Wind'

This performance consists of dancers in Year 9 completing the BTEC Level 1/2 First Certificate in Performing Arts (Dance). These girls complete this qualification as an additional subject run after school. So far they have all successfully completed and passed their Unit 2: Preparation, Performance and Production with all Pass—Distinction grades. Next year they will complete Unit 4; Dance Skills and in Year 11 they will complete their Unit 1: Individual Showcase.

Tonight's performance is a light hearted piece (to break free from their intense and serious subject matter of bullying they have already worked with for this year). The piece is largely directed and choreographed by the group in order to build on their choreographic skills.



Dancers: Lydia Burton,
Kayleigh McDonald,
Georgia Thrower,
Cailin Sainty,
Molly Branham,
Amelia Reid,
Chelsea Ludlow,
Megan Tarry,
Hannah Fenn.



Blickling

'Legally Blonde'



"This year Blickling House dance is based on the fun and energetic musical 'Legally Blonde'. We have taken classic songs from the musical and added upbeat dances which the students have loved learning. The range of funky, upbeat and lively music has allowed us to showcase our dancer's to the best of their ability adding in all their favourite movements and making the dance energetic and exciting. Throughout the rehearsal process, all of Blickling's dancers have been a pleasure to work with and have made the rehearsals fun and enjoyable and full of laughter. It has been great to watch the progress made each week as they have gained confidence in their abilities. I would like to thank them all for working so hard and putting their all in to this dance! I wish them the best of luck for their performance. GOOD LUCK!"

Choreographed by: Olivia Grummett and Molly Barlow

Dancers: Megan Smith, Tilly Hewitt, Ewan Grummett, Saffron Gohegan, Nainita Bendre, Dong Ting Xu, Billie-Dea Manser, Abbie Rose, Ellie Rose, India Pacheco, Alisha Fisher, Jessica Yates, Lily Mae Jackling, Keira Clarke, Lily Barlow, Megan Palmer, Hannah Fenn, Alisha Taylor, Inndia Howard, Lillie-Anna Kirkpatrick, Ellie Moule, Akvile Cerniauskaite, Carly English, Naomi Goddard.



Yr11 GCSE

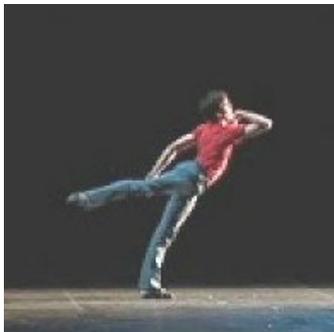
Solo Composition: 'Swansong' Georgia Dawson

Georgia received 19/20 for this solo composition based on the ability to develop 3 motifs from Swansong by Christopher Bruce (15% of her overall grade). Combined with her Choreography this unit will equate to an A* in Unit 4 (40% of her overall grade).

"To develop motif one, I used fragmentation on the unravelling of the fingers. I have also used augmentation on the sliding your hands down your knees section. Instead of using both hands, I only used my left hand and slid down my left leg (diminution).

To develop motif 2, I have performed the contracted arms on a low level, performed them slower, and used the whole of my body rather than just my arms (augmentation). I used transportation and retrograde for developing the slapping on the floor. Moreover, I added an arm to the slice-turn from the beginning of the motif, making the turn into a spring around rather than a full turn.

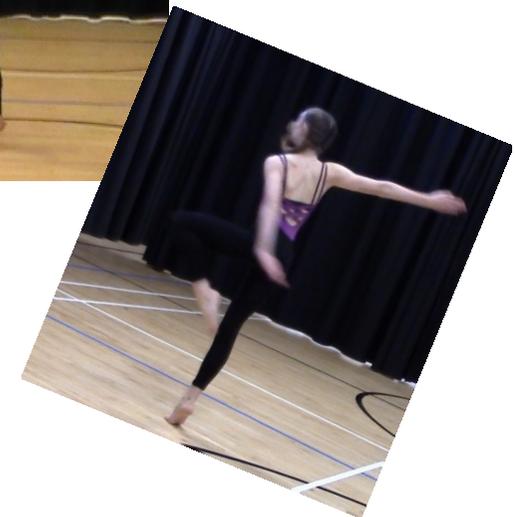
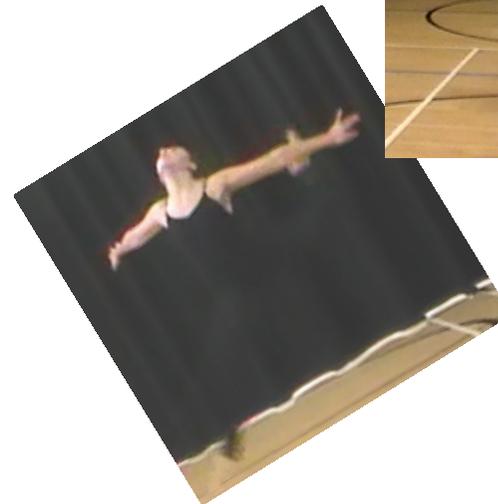
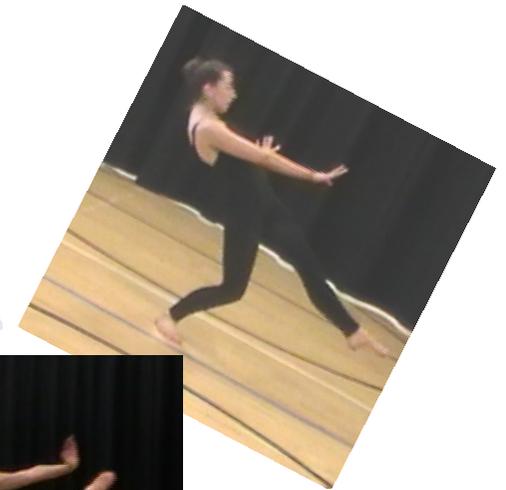
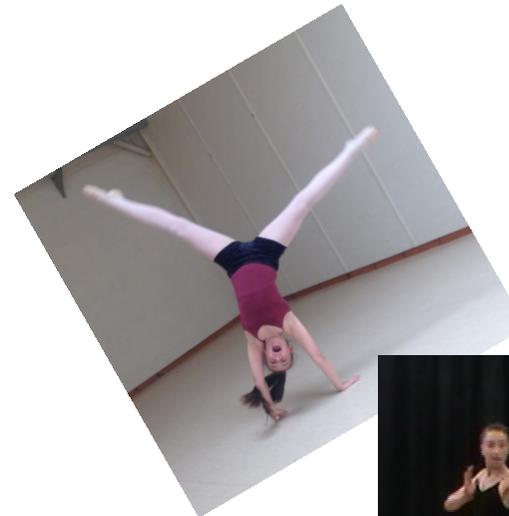
To develop Motif 3, I used fragmentation on the unravelling of the fingers because instead of standing upright with my posture aligned, I lay my back on the ground with my knees bent (feet on the floor), changing the space, and lay my arms spread out to the side of me."



Year 13 & 10 'Lyrical Jazz'

"Both of us dance at Studio 19 and train in a variety of styles such as Ballet, Contemporary, Musical Theatre, Jazz, Commercial and Tap. Dance is our passion and thus we wanted to collaborate and create something for you this evening. We hope that you enjoy!"

Dancers: Lacy Slingsby & Vicky Butterfill



AS Dance

Performance in a Duet: 'Frenemies'

This piece was part of their AS Dance Exam, both students received A grades in their practical exams overall.

"Our dance is inspired by the music and similar action content we have developed as a pair. The music inspired a dark mood which is mirrored in the tension between us as a pair. This tension is demonstrated through movements such as isolations and jumps which correlate with the music, adding to the friction which develops between our characters. The use of focus and varied dynamics also help to build this tension. We begin in canon to show our irritation and annoyance of one another and later we portray a sense of chase, trying to keep up with and outwit each other."

Dancers: Caitlin Kitney-Foster & Sophie Williamson.



Felbrigg 'Revelations'

"After being given the theme of colours for the house dance competition, Felbrigg felt that a very powerful performance could be achieved by simply using the idea of black and white. Racism is something that we are passionate to destroy. The story begins in 1853, a time in which the colour of a person's skin defined them and races were kept segregated. When a white woman and black man fall in love they are viewed as wrong and bad and are prevented from seeing one another. However, this new love is so powerful; it begins to destruct the walls of segregation and people realise that they can begin love each other. We then take the audience right up to 2016 and show how the interaction and mixing of all people despite race, nationality and language is the key to a balance of the human race. Love should have no boundaries."

Choreographed by: Olivia Grant and Elisabeth Dale

Dancers: Lacy Slingsby, Olivia Edge, Maddi Dawson, Lily Short, Erin Williamson, Megan Tarry, Lara-Grace Mount, Poppy Guyatt, Poppy Anderson, Alexia Russell, Tally Doyle, Leonor Andrews, Tiana Green, Mia Aston, Mia Moore, Nina Koulman, Chloe Greenwood, Kaci Turner.

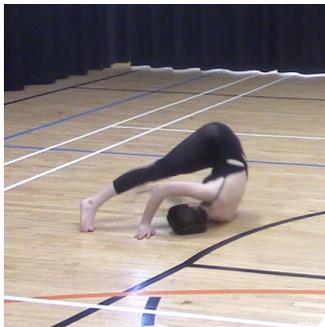


Year 11 GCSE

Choreography: 'Perturbation'

Molly Barlow

Molly received full marks for this choreography; 40/40 and therefore this unit equates to an A*. (25% of her overall grade).



Stimulus: Text: restlessness, a sense of dread, feeling "on edge", and shortness of breath...irritability (<http://www.nhs.uk/Anxiety>) Based on my own experience of having anxiety attacks

"My motif consists of short and sharp movements with the occasional soft and fluent movement to represent my twitchiness, aggravation but then me trying to control myself again shown by the fluent movements. I build up my motif by using fragmentation and a change of levels, going from a high level to a low lever on the floor. I utilise a small section of space but I do my motif in circles to show my confusion and frustration.

The next section represents the breath and getting air into my body, but then it getting stuck due to hyperventilation. In the middle of my climax I have the sense of feeling "on edge". I have a very large use of space as I dance from one corner of the room to the other; I use each corner as "the edge where I could fall."



Sandringham 'Sandringham Soldiers'

"As you may already know this years theme for house dance is Colour War and as Sandringham House Leaders we chose to stick to the colour of Sandringham House which is green. This piece therefore centralises around the theme of the army. They have been working really hard over the past 4 weeks, they have picked up the choreography ever so quickly and easily and their hard work and determination has been amazing. I am so proud of them all and I hope you enjoy their performance and appreciate all the hard work and effort they have put in. Let's go!"

Choreographed by: Caitlin Kitney-Foster and Tegan McLatchie-Brown

Dancers: Kelly Scales, Linzi Egginton, James Avis, Kayleigh Rye, Izzie Borley, Matthews, Bell, Simms, Harmer-Nicola, Ella-Louise, Eleanor, Mia Easter.



Year 9 GCSE Dance

Megan Smith



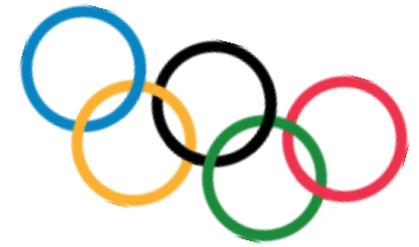
"As a dancer at Studio 19 my passion for dance has grown dramatically since the age of 2 when I started dancing. This piece is a lyrical dance to the song Titanium.

In the Autumn term I will be leaving Springwood High School to attend The Legat School of Dance. The Legat School of Dance was originally founded in 1939 by Madame N Legat, making it the oldest vocational dance boarding school in the UK. It is situated at Bede's Senior School in the heart of the Sussex countryside. Here I will take daily professional dance class whilst continuing with my core subjects."



Holkham

'Olympic Rings'



"The theme for this year's House Dance is 'Colour War' and as Holkham's leaders we have decided to depict this by choosing the 'Olympic Rings'. We have used a variety of songs for each section/ring; allowing us to incorporate different dance styles which is reflected within the choreography. Throughout the rehearsal process, the dancers have been dedicated, highly enthusiastic and generally made rehearsals a lot of fun. All of the dancers have worked super hard and have gained more confidence in their abilities. I wish them all the best of luck for their performance tonight and that their hard work will pay off for them. To those in the audience, sit back, relax and enjoy the show!"

Choreographed by: Sophie Williamson and Maya Engledow
Dancers: Madison Fisher, Phoebe Hinchley-Wild, Amelia Reid, Roxanne Nicholson, Claire Mellor, Talitha Engledow, Erin Tasker, Chantel Payne, Tiegan Proctor, Miss Miller.



Year 11 GCSE

Choreography: 'Bereavement'

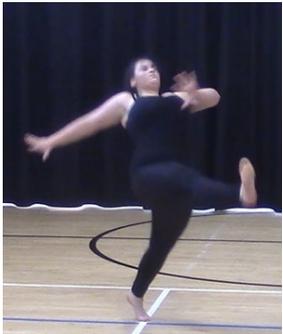
Ceylan Onurlu

This piece combined with Ceylan's Solo Composition equates to an A grade on the choreography unit overall. Stimulus text: Different Stages of grief

http://www.ehow.com/list_6883731_3-bstages-grief.html

"The words I have used as inspiration in my dance are: denial, depression, anger and acceptance. I slide both hands up my thighs and quickly push my left hand down heavily to convey I don't want to accept the fact this person had died. This part of my dance represents denial, all of my movements are very fluid and soft at this point, but occasionally I have bursts of sharp movements to show I don't want to believe what has happened. I then move on to the stage of depression; a few times I swoop both hands behind my ears which represents hair loss due to being stressed. Another movement is a hand gesture where I fold my arm inwards and push out whilst turning my head the opposite way. This is reflective of the way people who have depression feel as they don't want to communicate with any one else locking people out. The next part of my dance is the emotion anger. This is where I begin to use much more of the space using circular pathways and zig zag pathways to show that I am all over the place and I'm letting out all of my frustration and pain that's been building up. My movements become much quicker and stronger travelling around the space."

I finish my dance with the acceptance stage this is where I have come to terms with the idea of continuing my life without the person who has died. To end my dance I take 3 steps in a straight line to show I am moving on and going forward. I then slowly kneel to the floor and finish by looking up to show my loved one is in heaven. This contrasts with my climax as my movements become very slow and soft.



Oxburgh 'Moulin Rouge'

"When finding out this year's theme of colour war it seemed like an obvious choice for Oxburgh House to use 'Moulin Rouge' for our inspired colour/theme. I have had so much joy in teaching it to such a lovely and confident group of students! I'm so proud of every single member and know that they're going to shine in tonight's performance! Good Luck!"



Choreographed by Maddy Bush
Dancers: Lydia Burton, Kayleigh McDonald, Grace Brundie, Josie Mapp, Molly Branham, Ella Harvey, Nych Onurlu, Georgie Bateman, Abbie Stirling, Blaine English, Jade Hammond, Lucy Elsegood, Georgia Thrower.