

Firebird Choreography:

Plan a short dance inspired by *The Firebird*, and then use choreography tools to transform it!

Materials Needed:

Just yourself! You may choose to listen to *The Firebird*, maybe [this recording of the Infernal Dance played by Seattle Symphony Orchestra](#).

Directions:

Step 1: Choose Movements and Explore

- Please look around your space to make sure you can move your body in a way that is safe. The first step to planning your dance is to choose three movements that you can remember. Planning a dance is called **choreography**. There are lots of ideas that can inspire you from *The Firebird*.
- Perhaps you listen to this part, [the Firebird's Dance](#), and think about how the music makes you feel and you choose to:
 - Dart
 - Twist
 - Flick
- Perhaps you listen to this part, [the Lullaby](#), of *The Firebird*, and if you choose to:
 - Glide slowly over the treetops like the Firebird
 - Wave your wings like the Firebird
 - Make a still shape like you're a sleeping creature
- Perhaps you choose three parts of the story of *The Firebird*. Three of my favorite parts are when the Firebird makes the monsters dance the Infernal Dance so they will fall asleep, then there is a Lullaby, and finally there is a Day of Joy to celebrate a happily-ever-after ending. I'm going to choose three movements to represent these three parts:
 - Wiggle Wildly to show the Infernal Dance
 - Stretch Sleepily to show the Lullaby
 - Jump Joyfully to show the Day of Joy

“Making dances is an act of progress; it is an act of growth, an act of music, an act of teaching, an act of celebration, an act of joy.” - Alvin Ailey

Step 2: Practice Our Three Movements

- I will practice Wiggle Wildly, Stretch Sleepily, and Jump Joyfully, in that order. I might use my whole body, or a part of my body. You practice the three movements you've chosen. Please be careful with your body in the space you are, with the other people that may be around you. Practice the three moments until you've got them memorized. You've planned, or choreographed, your dance!

Step 3: Transforming Your Choreography

- Now, I'd like to teach you three ideas that we can use to transform our choreography, inspired by some ways that Igor Stravinsky, the composer of *The Firebird*, transformed the music throughout the piece. [This video](#) can teach you some more about the music of *The Firebird*.
- Stravinsky sometimes repeated melodies several times in this piece. For example, a solo horn plays a melody, then the violins repeat it, and then the brass section plays it faster. Finally, we hear the same melody slowed down towards the very end. We can use the choreography ideas of DIMINUTION and AUGMENTATION to take our three movements and repeat them in different ways. Augmentation means to make the movements slower in time, and diminution means to make the movements faster in time.
 - Repeat your three movements. I will Wiggle, Stretch, and Jump.
 - First, the same tempo.
 - Next, faster (Diminution)
 - Finally, slower. (Augmentation)
 - We can also use the idea of TRANSPOSITION to transform our choreography. Transposition means to change the level that a movement is performed on, or to do the movement with a different body part. Try transposing your dance.
 - Repeat your three movements. I will Wiggle, Stretch, and Jump.
 - First, do the movements reaching way up high.
 - Next, do the movements down low to the ground.
 - Finally, try the movements only with your arms.
 - Now that you've transformed your choreography using augmentation, diminution, and transposition, you might choose your favorite ways to do each of your movements for your final draft of your dance. Here's what I've chosen, for example:
 - First, I'll Wiggle Wildly, fast and up high.
 - Next, I'm going to Stretch Sleepily using only my left arm and my face.
 - Finally, I've chosen to Jump Joyfully in slow motion in a big circle.

Closing:

Reflect on your dance and how it transformed when you changed the choreography in these three ways. Maybe share your finished dance with the people in your home, if you would like to do so.

Bonus:

- You can choose to record your dance by drawing pictures of the three movements and how you transformed them.
- Listen again to *The Firebird* and see if you can hear the melodies that Stravinsky repeats.
- Make other dances inspired by other stories or pieces of music, and have fun!