



## Get Going Dances – Dr. Olivia Millard

### Transcript

- 0:00:01 - 0:00:13 [Music]
- 0:00:14 - 0:00:16 Hello my name is Olivia Millard.
- 0:00:16 - 0:00:23 I'm a lecturer in dance at Deakin University and I'm also a researcher in the AllPlay dance program.
- 0:00:23 - 0:00:27 When I'm tired or if I feel irritated or even if I feel bored
- 0:00:27 - 0:00:31 I like to get moving and I like to do that by dancing.
- 0:00:31 - 0:00:33 One way to get moving is to use words.
- 0:00:34 0:00:42 I use the kinds of words that could describe the movements that I might do but they don't tell me exactly what I should do.
- 0:00:43 - 0:00:44 Here I'm using the word smooth.
- 0:00:46 - 0:00:52 You can use any parts of your body. The whole body could be smooth or just parts of it. You can do other things at the same time - reaching, stepping.
- 0:00:59 - 0:01:09 Now I'm using the word jerky. Jerky elbows, fast jerky movements, jerky knees, jerky movements that slide along the floor.
- 0:01:24 - 0:01:39 The word for this movement is jumping. So I'm just starting with simple jumps but you can do any kind of jumping you want to. Jumping, kicking legs, jumping and reaching, jumping from one foot to the other, jumping that goes to the floor, fast jumping.
- 0:01:48 - 0:01:51 And the last word I'm using is rolling.
- 0:01:53 - 0:01:59 Rolling can just be from one side of the body to the other, like a sausage
- 0:02:03 - 0:02:08 Rolling can involve your whole body, you can reach with your legs.
- 0:02:09 - 0:02:14 Of course, you don't need to use the words we use today. You can use any words that you would like to.
- 0:02:15 - 0:02:19 I hope you enjoyed dancing today and I hope you enjoy doing a get going dance.



0:02:23 - 0:02:28 [Music]