

Formation Station

By Gretchen Gates

Creative and organized formation planning can take a routine from Good to Fabulous!

Creative Formations can:

- ❖ Help make your team look bigger on the floor
- ❖ Make your routines more interesting and dynamic
- ❖ Help highlight individuals
- ❖ When well planned, keeps your routines exciting even when the movement is simple

Ideas for Creative Formations:

- ❖ Follow the Leader
- ❖ Not all performers have to move at once
- ❖ Opposition
- ❖ Pass throughs
- ❖ Face your performers to the diagonals

Examples on you Tube:

Well planned formations to highlight individuals and make the team look larger

<http://www.youtube.com/watch?v=DSHb5LNjjPw&feature=related>

This Routine loses dynamics because of limited formation changes

<http://www.youtube.com/watch?v=OUMk9CZ4P0k&feature=related>

Creative Movement in the right formations

- ❖ Difficult to clean formation changes should have simple and cleaner movements
- ❖ Simple transitions, can use opposition and level changes to be more exciting
- ❖ The directions individuals move and the way they face can change the look of the formation change
- ❖ Dance from form to form. Avoid just walking, or jazz walking. Keep the routine moving

Examples on you Tube:

Simple movement can still be exciting with continuous formation changes

<http://www.youtube.com/watch?v=09ysStTstlo&feature=related>

Simple direction changes in movement within formations can make the routine more dynamic and dancing from form to form makes routine look seamless

http://www.youtube.com/watch?v=dy3k_n1lcWo&feature=watch_response_rev

Creative formations take Organization and Planning

- ❖ Listen to your music and plan out where you visualize formation changes
- ❖ Realistically think about how long (counts of 8) it will take to make the formation change
- ❖ Plan where you want individuals to be during certain parts of the music to highlight specialties, height, skills, etc. (Avoid the “running across the floor” to get someone to their spot)

Online Help

You Tube www.youtube.com

Dance Formation Software \$10-\$25 <http://danceformations.net/>