



Event: Orchestra Unwrapped
Title: Heart Power Magic

Created by Ffion Campbell-Davies, Julia Cheng, Saskia Horton and Serena Williams. Feb 2021

This warrior dance using body percussion is created by House of Absolute, inspired by warriors in all different forms that exist around the world.

We believe that each person can create their own power from within themselves.

This is about self-love, empowerment, confidence and uniting together through strength and all of our differences. Each unique pattern will explore different textures and sound.

Have fun in learning these rhythms and use your heart and power to create magic!

Heart Power Magic

This is the written sheet of directions to add to the videos that have been provided.

This includes information of the inspiration behind each section of Heart Power Magic.

Listen to Serena on the videos carefully and follow her instructions. You can pause, rewind and replay the clips whenever you need to learn the rhythms at your own pace.

There are 3 different patterns and you can choose which one you'd like to learn, perhaps if you had more time and wanted to, you could even learn all 3! You can do this on your own and/or perhaps with your friends and family.

Let's get started!

Rhythm 1: Heartbeat Section

The heart where we feel our deepest emotions, a part of the body where we nourish and protect. Courage, bravery and love come from the warrior's heart. Pumping blood and fresh oxygen around the body is where this rhythm starts and the drum is the sound of the heart which reflects the rhythm of life. Think of a time when you have felt your strongest and apply that strength when doing the heartbeat section, allowing your inner warrior to shine.

Rhythm 2: Power Section

To balance the warrior, it is important that we practice power of the physical body and the power of the mind. We generate power from our legs, activating roots into the ground like a magnificent tree. The biggest bone in the body is the thigh bone from which we generate speed, force and the foundation to stand strong. The warrior mind has a library of resources which generate determination and focus. Use this rhythm to combine your mind body connection for energy.

Rhythm 3: Magic Section

Magic is what we can create from the invisible and bring into our own hands.

With a combination of different symbols and sounds, we as warriors create whatever we put our minds to, allowing us to succeed with any challenges that come our way. There is magic all around connecting us to each other even when we are far apart, we are a warrior family.

Create inner power in the palm of your own hands to guide others and share your support.

Additional instructions:

Before you start, trace outline of body from head to toe, toe back to head 3 times. (*Direct affirmation spoken out loud together from parent/guardian when outlining the body*)

'There's only one of you, how unique you are, how great you are'

'Look at the strength in your body, this is your new musical instrument! You all have your own super power'

Sound directions: Find moments in sequences where you can vary

- **Dynamics** (the range of volume, intensity and movements)
- **Rhythm** (accentuating the rhythm is optional through counts and sounds)
- **Speed timing** (it is set at 80bpm but you can adapt change for different abilities)
- **Amount of pressure in contact** (soft and hard)

Important things to note:

- To be aware of sensitivity of sound and amount of strength applied to body
- Option to do whole sequence on chairs
- Encourage listening and eye contact for communication

Extension activities

- Compose another sequence to go over heart, power, magic
 - Instead of using the click track, ask one student to keep a steady pulse on a drum, or their body
 - Write a piece of poetry inspired by the title, Heart Power Magic. Maybe it could be read over the piece of music!
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