

# Table of Contents

<b>Foreword</b> .....	1
<b>Welcome</b> .....	3
Section 1: <b>Things to Consider Before Getting Started</b> .....	5
Section 2: <b>Laying the Foundation</b> .....	8
Section 3: <b>Jumps, Turns, and Kicks</b> .....	14
Section 4: <b>Advanced Steps</b> .....	19
Section 5: <b>Fun Steps</b> .....	24
Section 6: <b>Figuring Out Formations and Staging</b> .....	26
Section 7: <b>Sample Combinations</b> .....	28
Section 8: <b>Adding Style</b> .....	30
Epilogue: <b>Final Curtain</b> .....	31
<b>About the Author</b> .....	32

# Foreword

My editor contacted me not long after the publication of my book, *Let's Put On a Show!* to find out the feasibility of my being able to create a choreography workbook to supplement a new musical he had just completed. He asked if I might be able to develop something that anyone could use and follow when staging the production. I took myself to task, choreographed the show, created a workbook that described each of the numbers in detail, and included a glossary of simple dance terms and steps that could be easily referenced. The *Yankee Doodle Song and Dance Man Choreography Workbook* was completed.

He contacted me later and commented that there would be a huge potential in the workbook concept if it were done in conjunction with a DVD. And so, *Getting Your Kicks!* was born.

We wanted to develop something that would be accessible to everyone, regardless of their experience in putting together movement for musicals. When used in tandem with the DVD, there are infinite possibilities available when combining steps, formations, and styles. Choreography is challenging, but it is also a tremendous amount of fun, and the results will be appreciated by the audience and your cast.

I wish you all the best in your theatrical choreography endeavor.

Cheers,

Adrea

# Welcome

Within these pages you will find written descriptions of the information found on the DVD to assist you in the creation of a basic toolbox of steps and patterns that can be used to stage and choreograph a show. These steps were selected for a number of different reasons: They can be taught to everyone regardless of their dancing abilities, they can be “dressed up” to appear as different styles to meet different needs, and they are easily connected to one another to allow you the ability to create an endless number of combinations to be used throughout your programming.

Use this workbook in conjunction with your DVD and you will soon find your creativity surging.

Creating and staging choreography can appear to be daunting, but all it requires is a little patience, planning, organization, flexibility, and an understanding of the needs of the director and the premise of the script.