

## **'Eye of the Tiger' Dancers,**

This should be easy enough and fun to do in a group dance! Please practice it, so we can spend our rehearsal time working on formations/blocking and not learning the steps!!!! I don't know who I am working with at this time, but I understand there are 12 or so signed up. Knowing the dance ability of all of you was difficult, so I decided to keep it rather simple with clean lines and multiple formations. The tops that you are wearing over your black long sleeve top and black leggings are flowing chiffon that does not lend itself to a boxing number or exercise routine, and Rita has changed the lyrics from the ones that you will hear on the original soundtrack practice video. It is all about being strong women, overcoming obstacles, being a survivor and accomplishing your dreams and goals above all odds. I am stressing the 'Tiger Eye' part of the song, and about staying it focused on what you want!

Since I don't know your abilities or any types of conditions you might have related to your knees, feet, endurance, etc., I have not included any jumps and only limited turns that do not twist the knee when turning. Think strong, resilient, survivors when dancing this. It might be hard to envision the floor patterns when watching my tutorial on the basic steps, so I have included a 5 page blocking chart to give you a better idea. The closer it gets to the pageant I will have a better idea of the number of dancers and the blocking.

There is one part that I need your help! You get to be creative and come up with 4 strong poses using different directions and different levels. We will do these one after the other taking 4 counts for each pose. Hit count 1 with a pose and hold it counts, 2, 3, 4, then hit the next pose on count 1, and hold it counts, 2, 3, 4. Repeat this for pose 3 and pose 4. Practice this hundreds of times before the pageant to make sure you can hold the poses without wiggling and they are strong on count 1 and frozen on counts 2, 3, 4. The transition between the poses are important too.... practice! I would not suggest getting down on the floor because it takes too long to get back on your feet, but you could lunge or squat if able. Practice in front of a mirror and make them sharp and with good balance.

We will repeat the pose section at the end of the song and add 2 walking steps to the audience after pose 4. Explanation is given in the tutorial video. We just move our straight one- line formation forward to the audience every time we repeat the 4 poses (like you are stalking the audience).

Have fun with it!

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