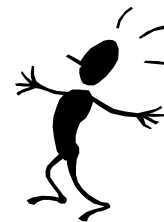


The Sacramento Capitolaire
Barbershop Chorus



Basic Choreography Moves



11 basic moves

that anyone in any chorus can do
that can enhance the singing presentation

Based on Material Supplied
by Cindy Hansen



Introduction

This document will cover the 11 basic Chorus moves that any individual can do with any level chorus. In addition, some common terms used in chorus visual plans will be defined.

The Capitolaires presentation plans will use these terms to describe the moves at the times desired.

Focal Points

DTT - Straight out towards the audience.

RCP - Towards the director

2 o'clock - Stage right, at roughly the angle of the risers

10 o'clock - Stage left, at roughly the angle of the risers

Sweet Spot - row 4, directly behind the director

Freelance - Random locations



Terms

Regular Chorus Position (RCP)

Down The Tiles (DTT)

Outside (arm or leg) (OS)

Inside (arm or leg) (IS)

Press (PRS)

Time on the clock for body positions (2-10)

Focal Point

The 11 Basic Moves

Reset

Power Spread

Chorus Spread

Swipe

Press - Lean

Side To Side Step

Step Together Step

Heel Sway

Squat

Chuck

Star Burst



RESET

This is a restatement of the Regular Chorus Position (RCP).

From whatever position, (even if already in RCP) lift right heel and replace it, standing tall and proud.

Note: Consider this as an actual move, rather than a destination and it will come across cleaner.

The Regular Chorus Position consists of your best normal singing posture in your assigned place on the risers. You should be standing with one foot slightly in front of the other and your weight balanced evenly on both feet, with your stance slightly forward.

CHUCK

Safe Move

From RCP bring both hands up to the center of the body with energy.

Cross your hands at the wrist at about your waist and snap them apart to hip level, keeping a bend in elbows and palms flat to the floor. Should end up about shoulder width apart. Keep bend in knees for power and press.

Lift outside foot and step into this move for more power. Keep weight center until the press and then use the knees to get movement.

STARBURST

Bring hands up to center of the body crossing wrists at chest level. Close hands into a fist position as they cross at wrists.

Pop hands open, palms to the audience, and lift hands above head as they uncross with fingers spread.

Pull hands about shoulder width apart above head. Begin to return hands with energy to sides of the body.

Press and energize the move as you bring the arms down the side. Keeping hands close to body.



HEEL SWAY

Keeping your toes connected to the floor (starting in regular chorus position) lift one heel and move it in the same direction as the foot about 1-2 inches.

Then follow the movement with the other foot in the same direction.

Reverse the position and in the opposite order. (Rt-Lt-Lt-Rt). allow the weight to swing with the movement. Keep upper body tall.

SQUAT

BBS Sit or Drop

Start in RCP, Drop your butt 3-4 inches directly downward toward the floor. At same time bring hands up and place them on your thighs, just above your knees in a natural position.

Keep shoulders and trunk of your body upright. Lift weight as you prep into the move. There should be an upward lift prior to the set of the position.



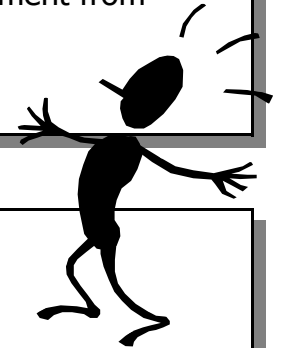
POWER SPREAD

Position your outside hand, elbow, chest, toe, knee, and body at Director.

Bend your knees and set all parts of your body in position with strength and power.

With your body weight centered, slowly press forward on the outside foot.

Lift your outside arm slightly with movement from body and legs (not the hand). ENERGY!



CHORUS SPREAD

Barbershop Spread

Take a slight step to the forward outside position. Your weight should be centered over the outside foot.

While you move your weight slightly to the outside, your arm should pull away from the body and lift toward a selected location.

Your forward arm lifts higher than inside (back) arm. Back hand is used as a balance.



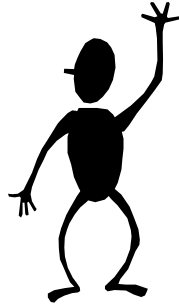
SWIPE

Power Spread With Movement

Do the power spread position without pressing forward.

Add motion or direction to the position.

Direct your audience where to look, add a point, open the hand, or body angle and weight to add dimension.



PRESS - LEAN

Start in Regular Chorus Position (RCP) with your weight center over feet.

Simply shift your weight over the outside foot, lifting body and chest as you move forward. When you press forward you can also SWELL - expanding the body from the mid-section.

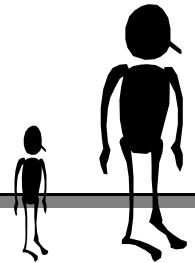
When you return you can also go backwards past the center for new effect.

SIDE TO SIDE STEPS

Used as walking in place - marching - stroll, to show tempo in a song.

Shift your weight from one foot to the other, keeping the weight centered over the body.

Keep the body tall and straight. Usually the toes are kept on the risers and the heels are raised slightly to make it look like movement without jerking the body and getting in the way of the smooth singing and solid, consistent, sound. Arms natural at side of the body - swing.



STEP TOGETHER STEP

Lift one foot slightly and move it 2-3 inches in the same direction as that foot (Rt-Rt or Lt-Lt).

Weight should move over the foot as it is moved. Keeping energy tall and centered. Repeat the same direction with the other foot so that the movement continues.

First one direction then the other back to the original position. Continue to match the music and tempo of the song. End in chorus position.

