Ana Maria Alvarez’s shared resources/CABE 2016:

CONTRA-TIEMPO’s Blog:
http://www.contra-tiempo.org/blog/
Regular posts and shared resources from an activist dance company who is creating, traveling, sharing and inspiring a world of more compassion, equity and justice.

Resource page for “Agua Furiosa”:
http://www.contra-tiempo.org/blog/2016/1/10/agua-furiosa
CONTRA-TIEMPO’s newest work engaging themes of race and water:

For more hands-on work, learning with Ana Maria and the company directly, join us for our two-week Summer Intensive. June 12-23, 2016 in LA:
http://www.contra-tiempo.org/summer-dance-intensive
Now in our sixth year, the CONTRA-TIEMPO Futuro Summer Dance Intensive participants become grounded in our Urban Latin Dance Theater technique, rooted in Afro-Cuban and Puerto Rican traditional and social dance forms, as well as urban and contemporary forms. This form epitomizes art as social action, incorporating leadership development, community-building strategies, and social theater techniques such as Augusto Boal’s Theater of the Oppressed. The intensive dance and movement workshops, discussions about socio-political history and current events, theatre play, and self-exploration exercises lead participants to come away with a greater sense of their power as dancers and as leaders.

Center for Council
http://www.centerforcouncil.org
This is where Ana Maria and her teaching artists received training to lead council, a story circling practice that they incorporate into their work engaging community in creative process and practice.
CONTRA-TIEMPO’s Call and Response activities
multilingual: English/Spanish/movement/sound

Che Che Koole
(singing/moving children’s echo game from Ghana)

Leader calls and waits for response after every line:
Call: Che Che Koolay  Response: Che Che Koolay
C: Che cofisa  R: Che cofisa  C: Kofisa langa  R: Kofisa langa  C: Ala kee langa
R: Ala kee langa  C: Che ayen-day  R: Che ayen-day  C: Che aye- en-day  R:
Che aye - en-day  C: 1  R: 2  C: 3  R: 4  C: 5  R: 6  C: 7  R: 8 (repeat)

Objective: creating community, call and response, body warm-up, active listening. Sharpen their movement reflexes and demonstrate cooperation.

Instructions: Children are to stand in a circle. Caller will also be part of the circle. Caller starts by saying one word of the chant at time with a body movement and manner of saying the word. Children will respond in the same way and continue through the whole chant. When finished caller will start by counting out loud ONE! And wait for children to say TWO! (caller) THREE! (Children) FOUR! And so on.

Pie Pie Pie
(singing/moving children’s echo game in Spanish to teach body parts)

Pie – FOOT  Cintura – WAIST  Codos – ELBOWS
Rodilla – KNEE  Pecho – CHEST  Cuello – NECK
Cadera – HIPS  Hombros – Shoulders  CABEZA – HEAD!

Objective: creating community, call and response, body warm-up, active listening. Sharpen their movement reflexes and demonstrate cooperation.

Instructions: Children are to stand in a circle. Caller will also be part of the circle. Caller starts by saying/singing each word with a specific rhythm – and moves the coordinating body part with each word – leader exaggerates movement and manner of saying the word. Children will respond in the same way and continue through from Feet (pie) to Head (CABEZA – which should be the loudest!).