



Week 6

Hello EBB ClancyWorks Dancers at Loiederman!

We hope you enjoyed your online dance classes over the past few weeks! See the pages below if you want to go back and dance them again. Please note that you can take any dance class numerous times – the more you practice the easier the combinations will be and the more fun you will have!

We created a few more classes that you can do by yourself or with your family members who are at home with you. Feel free to complete each class one after the other, or at different times when you just need a 20 minute physical and artistic break!

This week ClancyWorks at EBB Online is bringing to you:

1. 20 minute Cardio warm up by ClancyWorks Dance Teaching Artist, Devon.
<https://youtu.be/wQw3RZjpySg>
2. 17 minute House Routine broken down by ClancyWorks Dance Teaching Artist, Devon.
<https://youtu.be/z7GjsBil98s>
3. 10 minute House Routine Run through up to tempo, by ClancyWorks Teaching Artist, Devon.
<https://youtu.be/qA41h92ANUU>

*****Please take a few moments and look at the next page of this document for a reminder of the series of Step videos that will support Devon's activities.**

4. 21 minute Transition Step with ClancyWorks Teaching Artist, Devon.
<https://youtu.be/UQHZN7kYpO8>
5. 5 minute Transition Step Independent Activity with ClancyWorks Teaching Artist, Devon.
<https://youtu.be/vMGfLjOhOHI>
6. Creative Movement: *Drawing Dances* Part 1 with ClancyWorks Teaching Artist, Sara.
<https://youtu.be/rYLC5Y7BuXg>
7. Creative Movement: *Drawing Dances* Part 2 with ClancyWorks Teaching Artist, Sara.
<https://youtu.be/ICck-bmfU38>

Be well and DANCE!!! We look forward to dancing with you (hopefully in person) in our EBB Classes in the Fall 2020!

ClancyWorks Team

www.ClancyWorks.org



Supplemental videos to support Devon's Step Class Activities Week 6 (for educational purposes only)

STEP VIDEOS

- These videos cover the foundations of Step that we have covered thus far (Foundation Steps, Transitional Strolls). The performers are advanced level High School Steppers from Devon's High School, Eleanor Roosevelt High School in Greenbelt, MD.

- Lady Raiders

https://www.youtube.com/watch?v=Mrt_RQs2pU0&t=29s

- Dem Raider Boyz

<https://www.youtube.com/watch?v=zHbaCUdfA8k&t=210s>



Week 5

Hello EBB ClancyWorks Dancers at Loiederman!

We hope you enjoyed your online dance classes last week! See the pages below if you want to go back and dance them again. Please note that you can take any dance class numerous times – the more you practice the easier the combinations will be and the more fun you will have!

We created a few more classes that you can do by yourself or with your family members who are at home with you. Feel free to complete each class one after the other, or at different times when you just need a 20 minute physical and artistic break!

This week ClancyWorks at EBB is bringing to you:

8. 10 minute warm up Part 1 by ClancyWorks Dance Teaching Artist, Sara Ciniero
<https://youtu.be/hfx4ClIZXr0>
9. 10 minute warm up Part 2 by ClancyWorks Dance Teaching Artist, Sara Ciniero
<https://youtu.be/xoT9UJ6F0fi>
10. 10 minute Step Stroll Activity with ClancyWorks Teaching Artist, Devon Wallace
<https://youtu.be/gore7HIQLnc>

*****Please take a few moments and look at the next page of this document for a series of videos that will support Devon's activities.**

11. 10 minute EBB Dance Tutting Video with ClancyWorks Teaching Artist, Devon.
<https://youtu.be/lpPiki2znKE>
12. Creative Movement with Pictures Part 1 with ClancyWorks Teaching Artist, Sara.
https://youtu.be/J_PJwoXVX2A
13. Creative Movement with Pictures Part 2 with ClancyWorks Teaching Artist, Sara.
https://youtu.be/V1w_3OI65Gw

Be well and DANCE!!!

ClancyWorks Team

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Supplemental videos to support Devon's Step and Tutting Class Activities Week 5 (for educational purposes only)

TUTTING VIDEOS

These are videos that show advanced level Tutting:

- This video shows a woman by the Dance name of Dytto who is utilizing Tutting in a variety of ways.

<https://www.youtube.com/watch?v=IKyl9Q1X7E>

- This video shows how more than one person can utilize Tutting to make very creative visual concepts.

<https://www.youtube.com/watch?v=OT5Hsmtn3TM>

STEP VIDEOS

- These videos cover the foundations of Step that we have covered thus far (Foundation Steps, Transitional Strolls). The performers are advanced level High School Steppers from Devon's High School, Eleanor Roosevelt High School in Greenbelt, MD.

- Lady Raiders

https://www.youtube.com/watch?v=Mrt_RQs2pU0&t=29s

- Dem Raider Boyz

<https://www.youtube.com/watch?v=zHbaCUdfA8k&t=210s>



Weeks 3-4

Hello EBB ClancyWorks Dancers at Loiederman!

We hope you enjoyed your online dance classes last week! See the page below if you want to go back and dance them again.

Please note that you can take any dance class numerous times – the more you practice the easier the combinations will be and the more fun you will have! We created a few more classes that you can do by yourself or with your family members who are at home with you. Feel free to complete each class one after the other, or at different times when you just need a 20 minute physical and artistic break!

This week ClancyWorks at EBB is bringing to you:

- Introduction (1 minute) from Dr. Clancy, ClancyWorks Director:
https://youtu.be/xkz-vWoOZ_4
- 1. 10 minute warm up Part 1 by ClancyWorks Dance Teaching Artist, Sara Ciniero
https://youtu.be/8yNyX_f4YHU
- 2. 10 minute warm up Part 2 by ClancyWorks Dance Teaching Artist, Sara Ciniero
<https://youtu.be/6a4LIJt3FA4>
- 3. 10 minute Locking Activity Part 1 by ClancyWorks Dance Teaching Artist, Devon Wallace
<https://youtu.be/M7l6ZxIOiYE>
- 4. 10 minute Locking Activity Part 2 by ClancyWorks Dance Teaching Artist, Devon Wallace
https://youtu.be/7rGroA_WGnw
- 5. 20 minute Hip Hop Routine by ClancyWorks Dance Teaching Artist, Devon Wallace
<https://youtu.be/XtOsXrRJOE>
- 6. 20 minute Creative Activity- Movement with Words by ClancyWorks Teaching Artist, Sara Ciniero
<https://youtu.be/pdRunOq8wtU>

Be well and DANCE!!!

ClancyWorks Team
www.ClancyWorks.org



Weeks 1-2

Hello EBB ClancyWorks Dancers at Loiederman!

We here at ClancyWorks are hoping that you are safe and staying well during this time.

We were missing our EBB classes and thought that bringing you our dance classes on line would be a great way to stay connected and get some exercise. We created classes that you can do by yourself or with your family members who are at home with you.

Each week we will video and send you a few different 20 minute class sessions. Feel free to complete them one after the other, or at different times when you just need a 20 minute physical and artistic break!

This week ClancyWorks at EBB is bringing to you:

- Introduction (2 minutes) from Dr. Clancy, ClancyWorks Director:
<https://youtu.be/p3cp--BMO4>

- 1. a fun 20 minute warm-up by EBB Teacher Devon Wallace:
<https://www.youtube.com/watch?v=kNEmYWESPLA>

- 2. 20 minutes of an awesome STEP routine by EBB Teacher Devon Wallace:
<https://youtu.be/t5ry0NjZi8Y>

- 3. Two parts to a creative activity facilitated by EBB Teacher Sara Ciniero and younger sister.
Part 1: <https://youtu.be/4ylsPdYisZI>
Part 2: <https://youtu.be/2BvYT3ky4Jo>

Be well and DANCE!!!

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