



Life, Off Book Choreography Notes

The blocking is really up to the interpretation of the director. We have provided the original blocking/choreography below so you can use it if you so choose. You can watch video clips from our performance at:

theatrefolk.com/products/life-off-book

p. 6 Starting with MIKAYLA: *Ophelia was named after the Shakespearean character, not because her parents hoped that she would one day marry Hamlet, but because they thought the name sounded pretty...*

Coming from slow dance position:

Jeb grabs Ophelia's Right hand with his Right – spin her under his arm, and then connect to criss-crossed held hands (Left hands over Right)

Jeb rotates Ophelia (hands stay held) using his Left arm to rotate Ophelia counter clockwise, then with his Right arm rotate her clockwise.

The two then let go of one of their hand holds, Ophelia's Left hand, Jeb's Right hand. Ophelia stretches out Stage Left, Jeb stretches out stage right, then Jeb spins Ophelia in towards him. The two should connect free hands while they're in close, then they should disconnect with their other hands.

Jeb then spins Ophelia out Stage right and they disconnect hands. The two then step Right, then step Left crossing their feet in front, repeat stepping Right, Stepping Left, crossing front.

The two then Ballchange Right foot out to side, cross step Right over Left (Ophelia placing her right hand into Jeb's Left hand) Ophelia steps out on Left and spins clockwise around Jeb seven times with Jeb assisting her counter clockwise for full rotation – Ophelia stretches out Stage Left, then – Jeb spins her into him.

Ophelia wraps her Right arm around Jeb and lifts her Right leg. Jeb hooks his left arm around her waist and hooks his Right arm under her leg to lift her off ground.

Jeb lifts and spins her around twice in a clockwise direction and places her down.

He then spins her out Stage right. They then step towards one another. Facing one another, Ophelia mambos, with her Right foot front. Jeb mambos with Left foot back.

Then Ophelia mambos with her Left foot back, and Jeb mambos with right foot front.

Ophelia disconnects her Left arm (she'll keep her Right hand connected) and walk

under and through Jeb's Left arm till both are facing front. Both drag their Right foot around to the back, and then their Left foot. The two take hands, stretch out to side by side, then Jeb spins Ophelia in. Ophelia turns over and finishes in a dip.

p.24 Starting with GARRISON: *Their moment together is like a well-choreographed dance.*

First, the thing to bear in mind is that Ophelia and Jude are going to do a very rudimentary slow dance the entire time that Garrison is describing the moment. The description is meant to be metaphorical. If you don't have dancers for this moment, it really doesn't matter. You can have Garrison describe their moment, while wandering around the two of them. Simply, Jude and Ophelia's job is to emote with their facial expressions and physicality the emotions the moment brings. You may even find that it brings better focus to the scene, rather than dividing the audiences attention on the stage between Jude and Ophelia, Garrison and the dancers.

If you are insane like us, and would like to give the choreography a go, please see the choreography notes below:

Dancers start 5th position (their front foot heel touching back foot big toe) Right foot in front with arms out in second facing downstage stage left corner.

Tendu Right foot (stretch foot out to side keeping toe on floor) then close it 5th back. Repeat 7 times alternating the close front then back.

Switch to face downstage Stage Right corner and repeat tendu segment on Left foot.

Switch to face downstage Stage Left corner and Right foot dig (place Right foot parallel next to Left with heel popped up) bend over then come back up (cross arms going down, open standing up)

Rond de jambe (draw big circle with foot, keeping legs straight, brushing foot forward and bring around side to get to the back) 2xs with Right foot-

Glissade (brush foot out and off floor into small leap, landing in 5th) Right foot then land 5th position. Left foot front.

Face downstage Stage Right corner into Left foot dig and repeat segment on Left side.

Tendu Right foot – ballchange Right foot – Jete (brush foot out to side off floor and jump to land on it with free foot closing at back of ankle) Right foot, Left foot, Right foot, hop in place on Right foot

Pas de bourrée (a sideways step in which one foot crosses behind or in front of the other) Left cross back, Right step out, Left cross front

Assemble (foot brushes off floor, jump off supporting leg, legs meet in air, land 5th) brush Right foot out, jump off Left, legs meet in air land 5th R foot in front

Bourrée (legs nice and tight in 5th position, go up on balls of the feet (releve) and quick little steps to travel) travel back for eight with arms circling up and around.

Jump in 1st position (saute) four times, jump 2nd, jump 5th Right foot front, jump 2nd, Jump 5th Left foot front

Jumps in 5th (changement: switching feet) four times (Right, Left, Right, Left), jump 2nd, jump 5th Right, jump 2nd, jump 5th Left

Stretch over to the L

Coupe (foot pointed, up and behind supporting ankle) Right foot behind Left ankle

Pas de bourrée (Right step cross back, Left step out, Right step cross front)

Échappé (slide both feet out at same time, slide back into 5th same time) out, close 5th (Left front), out, close 5th (Right front), out, close (Left front), out, close (Right front)

Balance (step out Right foot, step Left foot crossing back on ball of foot to rise off floor, bring Right foot back down) – repeat on Left side

Stretch Break

Stand, face Stage Right, tendu Left foot back – arabesque (lifting leg straight behind) Left leg up, Right leg supporting – rise up – step through on Left – step Right, then Left to face Stage Left.

Tendu Right foot back and Arabesque (Right leg up, Left leg supporting – rise up – step through on Right – step Left, then Right to face front.

Right foot front in 5th position – bring R foot up leg into passé (leg turned out, foot pointed and beside supporting knee) – bring Right foot down to close 5th in back

Left foot front in 5th position – bring Left foot up leg into passé – bring Left foot down to close 5th in back

Tendu Right foot out to side – bring it around to cross over Left and turn around self bringing arms up nice and rounded over head and back down.

Cross R foot over Left and bourrée forward. Then scoot back to tighten up formation while contracting upper body down and then back up.

Angle Stage Right – tendu Right foot and (cambre) arch upper body back while reaching a rounded high 5th. Left arm come back up and close 5th. Right foot front and face audience – tendu Right foot side, close back – tendu Left foot side, close back – tendu Left side, close front – tendu Right side, close front bourrée in place-bringing arms up then down 2 times

rond de jambe Right foot to back – kneel back onto Right knee, then sit, keeping Left leg in front, upper body folding over with arms in front and head down.

p. 32 Starting with OPHELIA: *Okay. Improvisation it is.*

Again, this is blocking is up to you as the director. Again there is choreography below to help you along if it works for you.

Ophelia runs Stage left – dancers appear – together they (tombe) fall onto Right foot – (pas de bourrée). Left foot step cross back, then Right foot step out, then with Left foot step crossing front

Step Right foot side, cross Left over Right to turn with arms above head – run to Jude – dancers take crutches and Ophelia and Jude slow dance.