

U-THEATRE



【舞●當下】






神聖舞蹈國際大師班

課程講義








By Jivan Sunder








(1)	$4 \times \text{BUSE (3,3,2,2)}$  10 35 2 2	$5 \times \text{BUSE (2,2,2,2,2)}$  10 22 2 2 2 2	$4 \times \text{BUSE (4,4,1,1)}$  4 11 1 1	$5 \times \text{BUSE (4,1,1,1,1)}$  5 11 1 1 1 1	$3 \times \text{BUSE (5,3,3)}$  9 33 3
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←  →
 MARCA

$2 \times \text{BUSE (6,6,1,1)}$  2	$2 \times \text{BUSE (3,3,3,3)}$  2	$3 \times \text{BUSE (4,4,1,1,1)}$  3	$4 \times \text{BUSE (3,3,1,1,1)}$  4	$6 \times \text{BUSE (2,2,2,2,2)}$  6
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←  →
 MARCA

$1 \times \text{BUSE (6,6,1,1)}$  1	$2 \times \text{BUSE (3,3,3,3)}$  2	$1 \times \text{BUSE (4,4,1,1,1)}$  1	$1 \times \text{BUSE (3,3,1,1,1)}$  1	$1 \times \text{BUSE (2,2,2,2,2)}$  1
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←  →
 MARCA

1.

FULL OF LIFE

SEQ.1

(Red to L, Green to R)

MEASURE

ARMS



3

A



3

B



2

C



2

D

3 4 5 6 1 2

Return:



2

Chopping Arms

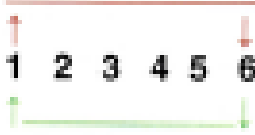




INTERMED: 1 Measure

Turning, Bending, Alternate grasping hands (L up 1st, all files)
(ODDS turn L, EVENS turn R)

2.

FULL OF LIFE

SEQ 2 (All files who displace R then immediately displace L again,
Except File 2 "last exchange")

	<u>MEASURE</u>	<u>ARMS</u>
a. 	2	E
b. 	2	F
c. 	2	A
d. 	2	B
e. 	2	C
2 3 4 5 6 1		

Return:

	2	U/D, U/D Arms
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INTERMED: 2 Measures

Turning, Pointing (ODDS turn L, EVENS Turn R)

3.

FULL OF LIFE

SEQ 3

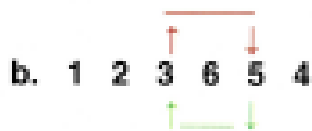
MEASURE

ARMS



1

D



1

E



1

F



1

A

5 6 1 2 3 4

Return:



3

Bending, Grasping

INTERMED: 1 MEASURE

Turning, L/R Arms (ODDS turn L, EVENS turn R)

4.

FULL OF LIFE

SEQ 4 (File 6 exchanges file by file with everybody)

	<u>MEASURE</u>	<u>ARMS</u>
a. 1 2 3 4 5 6 ↑ ↓ ┌─┐ ↓ ↑	1	B
b. 1 2 3 4 6 5 ↑ ↓ ┌─┐ ↓ ↑	1	C
c. 1 2 3 6 4 5 ↑ ↓ ┌─┐ ↓ ↑	1	D
d. 1 2 6 3 4 5 ↑ ↓ ┌─┐ ↓ ↑	1	E
e. 1 6 2 3 4 5 ↑ ↓ ┌─┐ ↓ ↑	1	F
6 1 2 3 4 5		

Return:

6 / 1 2 3 4 5 ↑ ↓ ┌────────┐ ↓ ↑	4	Chopping Arms
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INTERMED: 1 MEASURE

Turning, Bending, Alternate grasping hands (L up 1st, all files)
(ODDS turn L, EVENS turn R) (as SEQ 1)

5.

FULL OF LIFE

SEQ 5

MEASURE

ARMS



3

A



3

B



3

C

4 5 6 1 2 3

Return:



6

U/D, U/D Arms
(as SEQ 2)

INTERMED: 1 MEASURE

Turning, Pointing (ODDS turn L, EVENS Turn R)
(as SEQ 2)