



# **The Triple Threat:** **CHOREOGRAPHY**

**Brought to you by: Ms. Hayes, Mr. Meyer, & Ms. Yung**



# Learning Goals:

At the end of the week, you will:

Explore triple threats in musical theatre.

Identify basic dance steps used in musical theatre.

Explore the role of dance in developing as an actor.

Practice and conquer! a basic choreography routine.





# DAY ONE





**Day One:** Take 2-3 minutes to  
contemplate the following:

In theatre, what does it mean to be a triple  
threat?





# So, what is a triple threat?


CLICK THE LINK TO SEE:

<http://dictionary.tdf.org/triple-threat/>






# How can we improve in dance?

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1. Not everyone can or has taken dance classes, but there are TONS of online resources to practice basic steps.
  2. Many times, we wait UNTIL choreography musical rehearsals to learn musical theatre choreography, but we can improve all year long!



# So, this week....

1. Each day you will have a task to complete that will involve a video, article, or research.
  2. AND each day you will learn a combination of steps.
  3. At the end of the week, the five combinations you learned will go together for a basic musical theatre routine.
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# How to access the choreography steps:

1. Go to <https://www.daily8count.com/>This is a FREE RESOURCE right now.
2. On the left hand side, click enter site.
3. Click on Weekly Combination
4. Complete the information for this week's password (email and first name)
5. You will then be given a password on that page, that is used to access the video.
6. Scroll down and you will see the video. Use the password to unlock.





# Practice your steps:

1. Put on some clothes you can move in!
2. Access Day One Daily 8 Count
3. Watch, follow, and practice until you can complete the steps without watching!
4. Have fun, sell it!!!!



# Reflection:

1. How did today's 8 count rehearsal go?