



Acting 1 & 2 (Introductory Acting)

Creating Warm-ups

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Learning Objective:

The student will continue aligning the body and isolation exercises.

Bell Ringer:

Using a wall, correct your posture. Make certain that your heels, buttocks, and shoulder blades are touching the wall. Also, imagine a string pulling your head straight up over your shoulders.

Lesson Steps:

Today, you will continue to work on physical warm-ups. Remember it is important for an actor to warm-up. You will continue to work on alignment and add isolation.

Isolation means to set apart or detach. In isolation exercises you move an individual part of our body without moving the rest of your body. This teaches you to control all parts of your body. **These exercises should be done slowly and smoothly. They should not hurt; if you feel pain, don't force the movement any further.**

Check out the actor Michael Jeter in this clip from the musical *Grand Hotel*. He demonstrates a mastery of isolation in this dance.

[Michael Jeter in Grand Hotel](#)

Practice:

ALIGNMENT

1. Lie on your back on the floor, legs together. Then slowly peel yourself up from the floor-head first, then shoulders, then torso-and fold yourself over the top of your legs as far as you can go. Hold the position for a few moments, breathing evenly in through your nose and out through your mouth. Keep your head bowed towards your legs. Then, slowly roll back down along your spine to your head. Repeat 2 times.
2. Turn over on your stomach. Place your palms under your shoulders with your elbows close to your ribs. Rest your forehead on the floor. Lift your head, followed by your body, away from the floor by straightening your arms. Press your shoulders down. Your back should be in an arch. Tip your head back and look up, breathing evenly in through your nose and out through

your mouth. Don't drop your head back. Tilt it back slowly, stretching your chin up. Finally, bring your head back and lower your body, beginning with your pelvis and continuing until your chin rests on your hands. Repeat 2 times.

ISOLATION

1. Head – Tilt your head forward and back for 8 counts. Be careful to tilt your head back slowly, stretching your chin up. Turn right and left for 8 counts. Tilt from side to side for 8 counts, keeping your shoulders level. Slowly circle to the right all the way around for 8 counts. Then circle to the left all the way around for 8 counts.
2. Neck – With your arms overhead and your palms together framing your face, move your head from side to side for 4 counts and circle it around for 4 counts. Thrust your chin out and up and then return to normal for 4 counts.
3. Shoulders – With your arms relaxed at your sides, lift both shoulders up towards your ears and then press them down for 16 counts. Push your shoulders forward and then pull them back for 16 counts. Roll your shoulders back and around for 16 counts. Then roll them forward and around for 16 counts. Bounce your shoulders for 8 counts.
4. Arms – With your right arm, draw a big circle in the air to our right for 8 counts. Now do the same with your left arm to your left side. Then bend your knees as you swing both arms forward and around for 8 counts, straightening your legs when your arms return to our sides. Do the same, swinging your arms backward.
5. Ribs – Keeping your shoulders in place, move your rib cage from side to side for 16 counts and forward and back for 16 counts. Move your rib cage in a square formation, forward to right to back to left for 4 times for 16 count. Do the same in the opposite direction.