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## **Additional Resources available:**

### **Enhanced CD**

audio tracks (demos & instrumental backings)  
photocopy masters (pupil script & lyrics)  
programme template

### **'Move It!' Dance Cards**

Spiral bound packs of cards containing 32 dance moves  
Discounts available if several packs are required (contact Starshine Music)

### **Choreography**

There are some suggested moves for five numbers in the show,  
free to download at: [www.starshine.co.uk/move-it](http://www.starshine.co.uk/move-it)

### **Dance Tracks**

The four dance tracks from the show are available to buy individually  
or as a 'bundle' on SongZone (including choreography)  
[www.starshine.co.uk/songzone](http://www.starshine.co.uk/songzone)

# The Plot of 'Move It!'

*[Apart from Nicole, all of the characters can be played either by boys or girls, with some pronoun changing in the script. E.g. Sam is scripted as male throughout, but could equally be played by a girl.]*

The show opens as if at a dance school session. There is about to be a 'dance-off' to select a group to enter a regional dance competition. Two (or more) rival groups are introduced, Hypnotiks and Blaze. Blaze, as reigning champions, boast about their readiness for the dance-off. There is tension between Dee, the leader of Hypnotiks, and Mitch – the most unreliable member of the crew, who is at risk of being kicked out of the group.

Sam and his sister Nicole, a dancer with Blaze, have a loud argument outside their home, to disapproving looks and comments from passers by. Sam chases Nicole offstage. Doris and Edna, who dislike young people, gossip about his recent exclusion from school. Sam returns to the street to let off steam, but before long Nicole and her sidekick Izzy return to taunt him further.

Hypnotiks happen to be rehearsing in Sam's street. They're fed up with Mitch, who is late as usual. Taylor spots Sam looking glum; Dee recognises Sam from school and tells the others that Sam is bad news. Mitch turns up, and while Hypnotiks are falling out over whether or not to keep Mitch in the group, Taylor overhears Nicole rubbishing not only Sam but also Hypnotiks.

Despite initial hostility from Sam, Taylor extends a hand of friendship. He has a bullying brother, and finds that dancing helps him deal with his problems. He encourages Sam to try a few moves himself. Realising that Sam could be a solution to Hypnotiks problems with Mitch, Taylor tries persuading Dee to try Sam as Mitch's understudy. Dee refuses because of Sam's reputation, but they're running out of options with the dance-off coming up so soon. Before long, however, Sam is 'hired' as their understudy, and finds the acceptance and affirmation he needs. But Sam must still learn how to be a team player, and control his response to heavy provocation from Nicole.

Dance Group 3 (can be renamed by your cast!) are fed up with Blaze's arrogance. They've also heard that Sam has been picked as the understudy for Hypnotiks and are interested to see whether any trouble blows up at his first dance rehearsal - which it nearly does, when Nicole puts Sam down in front of everyone. Hypnotiks begin to understand Sam a bit better.

With support from both Taylor and Mitch, and the motivation of working towards the dance-off, Sam finds the self-control needed to turn things round. With new confidence, he is the one to suggest a way to raise money for team T-shirts.

Sam is astonished to find out that his father will be doubling the money his group has raised to reward the positive changes Sam is making. Nicole is furious, having always seen herself as her parents' favourite. She shouts at Sam, unable to understand why he should be getting their Dad's money, not her. But she's reacted too hastily: Sam explains that their father is doing the same for her too, and she is shamed into silence. Naz says Nicole doesn't deserve their father's generosity, but Sam knows he doesn't either. Doris and Edna's judgemental attitude towards young people in general and Sam in particular is challenged by other neighbours.

At the dance-off, Hypnotiks go first. During Blaze's routine, Nicole falls and - unused to failure - she freezes, staying on the floor in a heap. Without Nicole, Blaze's dance comes to a grinding halt. Sam finds himself with a choice: leave his overbearing sister floundering, or come to her rescue. With new generosity, he gets involved, moving on to the floor to help her up. With no-one else having come to her rescue, Nicole allows Sam to pull her to her feet. At last they're on the same side!

Nicole thanks Sam, and they agree to make a new start. The dance teachers praise Sam, inviting him to join the classes regularly. They announce the winner: it's Hypnotiks! Blaze and Hypnotiks argue over which crew Sam should join, but the dance teachers suggest that the two groups join forces, to make a really strong team for the regional contest the following year. Everyone is up for that, and Taylor says 'Here's to next year!' Sam responds: 'Yeah! Bring it on!' Everyone looks ahead to an exciting future!

# Director's Notes

**Cast** (*most roles gender neutral with alteration of pronouns*)

## Central Characters

Sam (*solo singer & rapper*) Recently excluded from school, isolated, angry, aggressive, jealous of over-achieving sister Nicole. A ray of hope comes into his situation in the form of Taylor, who helps Sam respond to things differently. By the end of the show Sam has lost his anger, sees his sister with new eyes. [*Your strongest all-round performer, ideally with understudy cover.*]

Nicole Sam's sister, leader of Blaze. Good at everything, but arrogant and spiteful towards Sam. Gets her come-uppance in the end, and is sincerely apologetic, humbled by Sam's graciousness towards her. Needs to be a strong dancer and actor. [*Ideally have understudy cover.*]

## Hypnotiks - main dance group

Dee Leader of Hypnotiks. Hostile to Sam at first. Frustrated by Mitch.  
Taylor A peace-maker, problem solver, one of life's 'menders'.  
Naz Dee's sidekick - a 'yes man'. Whatever Dee says, goes.  
Mitch Well meaning and kind, but unreliable and scatty.

## Blaze - rival dance group (Nicole, above, plus these 3-4 below)

Izzy Nicole's main sidekick, confident verging on cocky.  
Alex Also very confident, usually to be found with Andi.  
Andi Alex's best friend, slightly in her shadow.  
Eden (optional) Quietest member of Blaze, lines could be taken by Izzy.

## Minor roles (taken from Chorus)

Dance Teacher 1 & 2 Small but significant parts; feature at beginning and end of the show.  
Edna & Doris Gossipy neighbours - don't trust young people. Play for laughs.  
Joan, Deirdre, Stan, Wilfred Elderly neighbours, more open-minded than Edna & Doris.  
Dance Group 3 & 4 3+ dancers in each, with a few lines of dialogue. Option to perform in the dance-off, or as extra backing dancers.

## Additional Chorus

As many as required: extra neighbours etc., to sing and react to events with ad lib dialogue etc.

## Staging Suggestion

Apart from Scenes 1, 7 & 9 (in a dance studio) the setting is an urban street, with Sam's home notionally Upstage Right. It's not essential to have an alternative dance studio set, but it could be simply suggested with a plain dropped curtain, or screens brought across upstage.

## Props and Costumes

Backpack for Taylor. Buckets, cloths, brooms, brushes, coins, iron. (Sc.8). Tiny bucket and huge sponge for Mitch. Carrier bags for Doris and Edna (Sc. 2). Broom for Doris (Sc. 8).

**Dancers:** wear ordinary clothes in suitable 'street' style. **Hypnotiks** need matching t-shirts to change into for the dance-off, as do **Blaze**, ideally overprinted with group name if funds allow. Appropriate footwear is important, and lace-up shoes are essential for Dee.

**Neighbours:** Stan - flat cap, old man clothes. Wilfred - walking stick, tweed jacket, dark trousers. Doris - in flowery dress & cardie, 'amply' proportioned (!), with hair in curlers. Edna clutches handbag at all times, in dress, coat, headscarf and pearls. Joan & Deirdre - old lady clothes, hats and bags.

## Choreography - see p.8

# Director's Overview

## SCENE 1 ABOUT THE DANCE-OFF

All the dancers are rehearsing.

**Song - Just Move Your Feet! (All Dancers – choreographed)**      ◉ Track 1 / 13

As everyone gets their breath back, the Dance Teachers talk about a dance-off that is coming up soon. At this dance-off, one group will be selected to enter a regional dance contest. Two (or more) groups are signed up for the dance-off: Hypnotiks and Blaze. The issue of Mitch's unreliability is introduced.

## SCENE 2 SAM

Nicole and Sam argue noisily and publicly. He ends up chasing her offstage. Doris and Edna reveal that their fights are common, and that Sam has been excluded from school for fighting - saying he's caused dreadful harm to Joan's grandson. They express their dislike of young people! Sam returns angrily and lets off steam about his sister.

**Song - She's Givin' Him Grief Again (Sam, Chorus)**      ◉ Track 2 / 14

Nicole and Izzy tease Sam about having no friends, angering him.

*[Optional - Dance Group 3 & 4 discuss Blaze's showing off!]*

## SCENE 3 HYPNOTIKS

Hypnotiks arrive – apart from Mitch, who is late as usual. While they wait for Mitch, Taylor points out Sam looking miserable. Dee says Sam is bad news. Taylor, Dee and Naz try working on their moves without Mitch, but it doesn't work. As Nicole is taunting Sam about being a loner, Mitch arrives. Dee tells Mitch he's out, but this annoys Taylor, who needs a partner to make the routine work. Taylor walks off in a huff (while Dee, Mitch & Naz try and work out what to do) and is provoked by overhearing Nicole telling Sam that Hypnotiks are rubbish. When Nicole has gone, he connects with Sam, saying he has a brother who acts like Nicole. Taylor encourages Sam to try out dance, then follows the others to the shop - but leaves his bag behind.

**Song - Gotta Make Things Different (Sam, Chorus)**      ◉ Track 3 / 15

During the song Taylor returns for his bag, sees Sam trying out some dance moves and is impressed. He encourages Sam, saying dance could help him deal with his anger.

**Dance - The Drumbeat Goes Like This (Hypnotiks – choreographed)**      ◉ Track 25

## SCENE 4 SAM IS BAD NEWS

Taylor tries to persuade Dee that it'd be a good idea to try out Sam as an understudy for unreliable Mitch. Dee refuses, despite getting a glimpse of Sam's dancing ability.

**Song - There's Always One (Dee, Taylor, Hypnotiks, Chorus)**      ◉ Track 4 / 16

## SCENE 5 BLAZE

Blaze arrive, and challenge Hypnotiks to show them their routine, but show off theirs first. Seeing Sam, Taylor lets him know he's been trying to persuade Dee to let him (Sam) be their understudy, but Dee is not convinced. When Sam reacts moodily, Dee thinks that proves his point, but Taylor isn't about to give up on Sam.

**Dance - Streamline (Blaze – choreographed)**      ◉ Track 26

Hypnotiks are worried about the dance-off, as Blaze's routine is looking good, while they're struggling because of Mitch. Taylor points out the need for an understudy again. They all leave on a bit of a downer.

*[Optional - Dance Group 3 & 4 rehearse.]*

## SCENE 6 TURNING POINT

Taylor is teaching Sam some dance moves. During the song Dee enters. Impressed with what he sees, Dee invites Sam to be their understudy. Sam is filled with hope!

**Song - Everything Is Looking Different Now (Chorus)**      ◉ Track 5 / 17

Dance Group 3 have heard a rumour that troublesome Sam has joined Hypnotiks!

## SCENE 7 THE FINAL REHEARSAL

The Dance Teachers let everyone in for their final rehearsal before the dance-off. Blaze arrive first followed by Hypnotiks (apart from Mitch who is late as usual). Nicole is 'thrown' to see Sam with Hypnotiks, and puts him down in front of everyone. Hypnotiks begin to understand Sam's situation. Taylor and Mitch manage to get Sam to rise above the taunts and control himself for the sake of the group. Other cast members gather to watch the two groups rehearse. *(including Dance Groups 3 & 4)*

### **Song - Today's A New Day (Cast)**

⊙ **Track 6 / 18**

Sam has proved himself. Hypnotiks discuss what they will wear for the dance-off. With new confidence, Sam suggests overprinted T-shirts, but the others say they don't have enough money for that. Undeterred, Sam suggests they could raise funds by doing chores in the neighbourhood. They agree to meet the following morning on the street corner. Doris and Edna, overhearing, think this sounds ominous.

### **Incidental - End Of The Day**

⊙ **Track 7 / 19**

## SCENE 8 THE NEXT DAY

Joan, Deirdre, Stan and Wilfred pass through. Joan reveals that her grandson is fine and had exaggerated the harm to him by Sam. Blaze arrive to do jobs to raise funds for their t-shirts, furious that Sam has given Hypnotiks their idea - as now they'll be competing for work. However, they get on with encouraging neighbours to give them jobs to do. Hypnotiks soon join them. Neighbours enact 'hiring' them all to do jobs - Joan, Deirdre, Stan & Wilfred hiring specific people.

### **Song - Got A Bucket And Brush (Cast)**

⊙ **Track 8 / 20**

Mitch - late as ever - turns up with bucket and sponge when it's all over! When it looks as if they haven't raised enough money, Sam pulls out an envelope that his father has given him. It contains an amazing surprise: he's promised to double whatever money they've raised to help pay for the T-shirts. While Hypnotiks are delighted, Nicole is furious! Why should Sam get special favour when he's always the one who's in trouble? But then she learns that their father has promised the same for her too. Both groups go to count their money.

### **Song - Kerching! (Chorus)**

⊙ **Track 9 / 21**

Doris and Edna find it hard to believe that Joan, Deirdre, Stan & Wilfred trusted the the young people to do jobs, especially Sam - but Joan defends Sam's efforts.

### **Incidental - Move Your Feet**

⊙ **Track 10 / 22**

## SCENE 9 THE DANCE-OFF

The acts are introduced. If performing, Dance Groups 3 & 4 go first. Hypnotiks do their dance routine, but without Sam - Mitch has turned up on time for once!

### **Dance - The Drumbeat Goes Like This (Hypnotiks – choreographed)**

⊙ **Track 25**

### **Dance / Song - Streamline / Move It! (Blaze, then Sam & Cast)**

⊙ **Track 11 / 23**

Nicole falls during the Blaze routine and - unused to failing - she 'freezes', curled up on floor. The group disintegrate without her. Sam has a choice: leave her floundering, or come to her rescue. He chooses to help, moving on to the floor to encourage her back up. With no-one else having come to her rescue, Nicole allows Sam to pull her to her feet. Blaze join in again. While the judges deliberate, Nicole thanks Sam; they agree to make a new start. The dance teachers praise Sam, and invite him to join the classes regularly. They announce the winner: it's Hypnotiks! Blaze and Hypnotiks argue over which crew Sam should join, but the Dance Teachers suggest that the two groups join forces. They're all up for that. Taylor says 'Here's to next year!' and Sam responds: 'Yeah! Bring it on!' Everyone looks ahead to an exciting future!

### **Song - Bring It On! (Cast)**

⊙ **Track 12 / 24**

### **Dance - Take Your Time (Group 3) (optional, choreographed)**

⊙ **Track 27**

### **Dance - Work It Out (Group 4) (optional, choreographed)**

⊙ **Track 28**

# Choreography

## The 'Move It!' dance cards

You and your pupils may already know plenty of street style moves, but if not, you'll find the 'Move It!' dance cards a helpful starting point, and useful when working out routines.

The 32 cards are arranged in three levels:

- a) Beginners - cards 1 to 12 (GREEN card numbers)
- b) Intermediate - cards 13 to 25 (ORANGE card numbers)
- c) Advanced - cards 26 to 32 (RED card numbers)

There is choreography written for the following numbers:

**'Just Move Your Feet'** (Cast) **'The Drumbeat Goes Like This'** (Hypnotiks),  
**'Streamline'** (Blaze) **'Take Your Time'** (Dance Group 3) **'Work It Out'** (Dance Group 4)

You can download the instructions from: [www.starshine.co.uk](http://www.starshine.co.uk) (just search 'move it choreography', or find the tab on the 'Move It' page. However, it's not hard to create your own routines using the cards.

## Creating a routine using the cards

1. Choose some moves you would like to learn, find the cards and follow the instructions!
2. Decide how many counts or bars will go with each move (bearing in mind that younger or lower ability children may need to repeat the same move for a count of 8) and then switch to a new move.
3. Add on extra cards – deciding the number of counts for each move – and you will have created a routine!

## If the children are doing their own choreography using the cards

This will take longer, but if children are involved in the choreography process it will increase their sense of achievement and ownership, as well as their motivation and commitment to the show - so it's very worthwhile if you can allow the extra time needed.

1. Have the children get into mixed ability groups of 4.
2. Give each group 4 cards.
3. Ask them to come up with a routine that lasts for 16 counts using all the moves on the cards in any order that they like. Give an example: e.g.  
*Step Dig* for 4 counts, *What?!* for 2, *Boxer* for 6, *Push & Scoot* for 4
4. Once the children are confident in their performance, they could take turns showing and teaching the other groups how to do their moves.
5. Once each group has shown everyone else their moves, you will need to lead the process of fitting the 16-count routines together to suit the chosen music. Make sure that repetition in the music is matched by repetition in the dance (e.g. the song chorus may have the same routine each time) as this makes the choreography easier to learn.

## If you are the choreographer

If you are confident in Street Dance and intend to choreograph a number yourself, you can use the cards for inspiration, or you could randomly pick several cards and make up basic counts of 1, 2, 4, 6 or 8 to fit any 4/4 time music. Remember you can repeat choreography on each chorus, changing choreography on the verses; this helps children to remember a long piece. They will find it easiest to learn the chorus first, then fit the verse moves in between.

# 'Move it' - Dance Cards

## In number order:

1. Shoulder Brush
2. Puppet Knees
3. Four Corners
4. Kick The Ball
5. Jumping Jacks
6. Rebound
7. High Claps
8. Shoulder Shrugs
9. Open Cross Jumps
10. Step Dig
11. Punch Bag
12. Elbow Digs

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13. Bounce, Bounce, Jump, Clap
14. Rainbows
15. Step-Together-Step
16. Bang, Bang
17. Pick Up Weights
18. Raise The Roof
19. Reach, Grab & Pull
20. Peekaboo
21. Boxer
22. Push & Scoot
23. Open Turns
24. Knee Bounces
25. What?!

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26. Slide-Hugs
27. Knee Presses
28. Around The Bowl
29. Skater
30. Sideways Body Ripple
31. Forward Body Ripple
32. Jumps & Turns

## In alphabetical order:

- |                            |    |
|----------------------------|----|
| Around The Bowl            | 28 |
| Bang, Bang                 | 16 |
| Bounce, Bounce, Jump, Clap | 13 |
| Boxer                      | 21 |
| Elbow Digs                 | 12 |
| Forward Body Ripple        | 31 |
| Four Corners               | 3  |
| High Claps                 | 7  |
| Jumping Jacks              | 5  |
| Jumps & Turns              | 32 |
| Kick The Ball              | 4  |
| Knee Bounces               | 24 |
| Knee Presses               | 27 |
| Open Turns                 | 23 |
| Open Cross Jumps           | 9  |
| Peekaboo                   | 20 |
| Pick Up Weights            | 17 |
| Punch Bag                  | 11 |
| Puppet Knees               | 2  |
| Push & Scoot               | 22 |
| Rainbows                   | 14 |
| Raise The Roof             | 18 |
| Reach, Grab & Pull         | 19 |
| Rebound                    | 6  |
| Shoulder Brush             | 1  |
| Shoulder Shrugs            | 8  |
| Sideways Body Ripple       | 30 |
| Skater                     | 29 |
| Slide-Hugs                 | 26 |
| Step Dig                   | 10 |
| Step-Together-Step         | 15 |
| What?!                     | 25 |