



LAZYLEGZ

DANCE WORKSHOPS GUIDE



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A man and a woman are shown in a workshop setting, both using metal walkers. The man is on the left, wearing a dark t-shirt and dark pants, looking down. The woman is on the right, wearing a dark long-sleeved shirt and dark pants with white stripes on the side, looking towards the right. The background is a simple room with a door and some equipment.

INNOVATION WORKSHOPS

Luca “Lazylegz” Patuelli offers dance workshops tailored for both advanced and amateur dancers. With years of experience in teaching dance fundamentals, Luca's methods focus on adapting movements to highlight each participant's individual strengths. Lazylegz firmly believes that everyone should have the opportunity to dance and express themselves.

These workshops go beyond exploring movement; they are proven to build confidence through team activities and they challenge individuals to surpass their perceived limitations and discover their own capabilities.

A background image showing a workshop environment. In the center, a woman wearing a hijab and a dark jacket is holding a cane. To her left, a young girl is smiling and looking towards the camera. To the right, another person's hands are visible, also holding a cane. The scene is set in a bright, indoor space with white walls and a light-colored floor.

RECREATIONAL

DURATION: 45 minutes

AGE GROUP: youth under the age of 10

TOTAL PARTICIPANTS: 15

This workshop offers a creative music and movement experience in a no-judgment zone. Participants will explore various dance games and movement exercises, providing an opportunity to release energy, enhance movement skills, and enjoy the art of dance in a supportive environment.

BEGINNER

DURATION: 45 minutes

AGE GROUP: 10+

TOTAL PARTICIPANTS: 15

This workshop offers an introduction to Breakin' (Breakdance). Participants will learn foundational movements from each element of this dynamic dance style.

INTERMEDIATE / ADVANCED

DURATION: 60 minutes

AGE GROUP: 12 years and older

TOTAL PARTICIPANTS: 20

This workshop offers an advanced class for participants with prior knowledge and experience in Breakin'. Participants will explore BREAKIN' FUNDAMENTALS various concepts designed to enhance their creativity, confidence, and movement vocabulary.

All classes are open to participants of all abilities. Participants needing extra help are encouraged to bring an attendant/parent for support. Movements and exercises are adapted to ensure everyone can participate in their own way.

A background image of a dance studio with large windows. In the foreground, a person is sitting on the floor, looking towards the right. In the background, several other people are visible, including one person in a wheelchair. The text is overlaid on this image.

INTEGRATED DANCE WORKSHOPS

Lazylegz offers a unique creative movement workshop tailored for all body types to enjoy. These workshops are designed to keep participants motivated through fun dance and movement challenges and are open to anyone looking to explore new ways to move creatively.

Body Awareness

This workshop focuses on understanding and trusting the body to lead movements. Participants engage in various movement exercises adapted for all abilities, with Lazylegz creating individual challenges based on each dancer's unique strengths.

Movement in Space

This workshop teaches how to maximize movement within the space around, emphasizing the delivery of specific movements in different areas.

Levels

Participants focus on creating movement phrases and performing them in various body positions. Floor movements are incorporated for those able to do them, with adaptations for others.

Strength

This workshop includes strength training exercises adapted for all participants, guiding dancers in maintaining strength in their movement and performance.

Presence

This workshop focuses on the delivery of movements, offering various activities and exercises to help dancers improve performance quality.

A close-up, black and white photograph of two men smiling and looking at each other. The man on the left has a beard and is wearing a light-colored shirt. The man on the right is wearing a dark shirt. They are both looking down and to the side, smiling warmly. The background is slightly blurred, showing what appears to be a stage or rehearsal space with some equipment.

TRAIN THE TRAINER

Join Luca “Lazylegz” Patuelli as he shares his inclusive teaching methods and extensive experience in dance.

This introductory workshop provides participants with insights on integrating individuals with physical disabilities into dance activities, including classes, choreography, and community recreational events. Luca is a distinguished dancer, choreographer, and educator with over 20 years of expertise, known for uniting people of all ages and abilities through unique movements and a celebration of dance.

Participants will gain a foundational understanding of adapting movements and the significance of focusing on each individual's strengths. This workshop fosters confidence through team activities and challenges participants to surpass limitations by exploring their own strengths and creative potential. Luca believes passionately that everyone deserves the opportunity to dance and express themselves.

***Note:** This workshop serves as an introduction, offering methods and concepts derived from Luca’s extensive experience.

DETAILS:

Duration: 3.5 hours

(includes a 30 minutes discussion designed for participants to share and learn from each other)

Participants should come prepared to move. Comfortable Attire is recommended; shoes are optional. Please be aware that equipment such as crutches, wheelchairs, and walkers may be used during dance exercises.



WHAT TO EXPECT IN ALL WORKSHOP CLASSES

- All participants (students and attendants) will gather in a circle.
- Lazylegz will introduce the class structure.
- An icebreaker activity will kick off the session, with each participant sharing their name and a dance move.
- The warm-up will begin, with participants following Lazylegz's movements to music, adapting as needed.
- Throughout the workshop, Lazylegz will lead various dance games and activities (listed on Page 7).
- The session will conclude with a cool-down exercise, bringing participants back together in a circle.
- All workshops provide safe spaces for participants to move freely. Participants are empowered to step in or out of activities as needed and encouraged to interact with Lazylegz and fellow participants, and may ask questions, and showcase their unique talents!

ATTENTION:
ITEMS IN THIS CLOSET
ARE PROPERTY OF
THE BOB SQUAD.
PLEASE DO NOT REMOVE!

DANCE ACTIVITIES

Pass the Wave

Once students learn the basic wave technique, they form a circle and pass the wave to each other. Teachers may specify using different body parts or passing the wave to a specific body part.

Mirroring Pair

Students to mirror each other's movements, fostering coordination and teamwork.

Small Group Choreographies

Students work in groups to create short choreographies using moves learned in class. They perform these for the rest of the class, practicing presentation skills.

Cypher with Exploring Different Songs/Emotions

Freestyle dancing to varied music, encouraging students to express different emotions through movement.

Cypher with Picking Up a Friend's Move

Each student, when in the freestyle circle, must incorporate a move from another student, promoting active participation and creativity.

Silent Cypher

Students experience a freestyle session without music, challenging their vulnerability and comfort zones. Suitable for more experienced classes.

Freeze

Students dance freely across the floor. When the music stops, they freeze in poses like silly faces, animal styles, or superheroes, adding fun and creativity.

Battle

Advanced groups compete in a friendly dance-off, showcasing their skills and creativity.

Soul Train

Divide the group into two lines facing each other. Dancers at each end strut down the middle, showcasing their moves to the opposite line, creating a dynamic and interactive dance experience.