

ZONE 1: AFRICAN EXPERIENCE - Here teams will experience the skills and power of group drumming. They will learn to play, listen and react as one voice. Using big hand signals and tons of energy, our Drum Masters will take each team on a rhythmical journey using rhythms from all over Africa. Teams will learn all the basic skills needed for a fantastic finale, but will they also remember their very own signature part when put head to head with the other teams at the end of the day.

ZONE 2: HAKA (NEW ZEALAND) – The ancient tribal dance of Maori Warriors (familiar to rugby fans) originates from New Zealand, this dance was originally done by women & men before engaging in battle. Participants will be 'graced' with a performance from our experts, before embracing the power of HAKA for themselves.

Our new 'Tribe' will take part in this workshop where they will learn the age-old movements & chant of this powerful dance. Finale Teams are introduced to the ancient art of the Moku...and will design a tribal mascot & their own personal face paint to suit their characters. These will then be ceremonially painted on ready for the big finale performance. The teams' only battle will be to learn & enjoy this powerful vocal dance, and gain tribal supremacy!

ZONE 3: 'JUNK FUNK' (THE AMERICA'S) – This is, of course, the famous marriage of street dance and urban percussion, fresh from the streets of New York. Led by a team member who is has performed in the West End version of 'STOMP', we find our teams donning the orange road vests and picking up their brooms, road cones, and dustbin lids....ready for the challenge ahead. This routine using fast feet and ladders & buckets is never as easy as it looks! The end result however, is always teamwork and hilarious fun.

ZONE 4: BOLLYWOOD (INDIA) – This is truly an 'East meets West' activity. Our Bollywood dancers will deliver a fun filled session where guests will discover the delights of this traditional dance form. The delegates will enter the room to be greeted by the smell of incense and a short performance. Our Bollywood experts will be beautifully dressed in the traditional costume...bright colours filling the room. They will take the group through a brief warm up exercise – designed to get the brains thinking and smiles flowing!

The participants are taught simple Bollywood dance steps and before they realize it the whole group begins dancing. These steps are gradually built as a sequence – first footwork then hand movements followed by eye and facial expressions until all are combined. Within a short period participants are able to learn an entire dance routine. By the end of the session, participants will leave the workshop smiling, humming the music in their head and practising the hand movements on their way out!



ZONE 5: BOOMWHACKERS (INDONESIA) – In a blaze of colour, an energy and lightning-fast reactions, our facilitator dramatically transforms your group into a cohesive and melodic group. Everyone has a brightly coloured tuned Boomwhaker, that when struck, produces a note. Building towards a finale where the piece of music is performed, our group must listen, react and ensure that all the right notes/colours are played together at the right time to create the music of your company.

They are relatively small and lightweight so are easy to distribute amongst a large audience in a very short space of time and are particularly good for events abroad as they can be taken as luggage to reduce costs of transportation.

Boomwhackers is a fantastic team activity which allows participants to work together towards a 'concerto of Philharmonic proportions'!

ZONE 6: STREET DANCE (THE AMERICA'S) – Street dance is all about bringing the outside in! This is a high impact event full of noise, movement and colour. Our Urban Street Dancer will open the event by exploding into the room performing outrageous dance moves and urban rhythms using body percussion. After the high energy performance from our Urban Street Dancer your delegates will then get the opportunity to try it out for themselves. When the group is ready, they will take on the challenge of preparing and rehearsing for the big finale at the end. This dynamic and energetic finale demonstrates total interaction and co-operation but ultimately allows everyone to leave feeling fantastic.

ZONE 7: WELLYBOOT DANCING (AFRICAN) – Gumboot dancing originated from Africa, and is part of urban South African working-class culture. It all began with rural labourers who worked at the gold mines in South Africa, who brought their strong traditions of rhythm, song and dance with them. Inside the mines workers used gumboots (or wellyboots) to communicate with each other, by slapping their boots, stamping their feet, and rattling their ankle chains.

Our fantastic Gumbooter's start off with an incredible high energy performance, followed by them taking you on a magnificent rhythmic journey allowing you to have some thigh slapping, foot stamping, clapping fun. This event allows you in a short space of time to get your wellies on and communicate like never before!

ZONE 8: SALSA (LATIN AMERICA) – As the first chord from the 4 piece Salsa band is played it will immediately grab your delegate's attention towards the burst of dancers on stage. Firstly they will perform high energy Salsa straight from the streets of Brazil! As the applause fades, everyone is invited to take their place on the dance floor as their latino experience begins.

This is a highly energetic session which aims to enable your delegates to step outside their comfort zones and try something new. Salsa is danced by both men and women and does not always involve needing a partner, formation style performances can also be produced.

From the first footsteps to the fantastic rhythms you will be able to see your colleagues in a whole new light and master an entire routine.

