

Beginning Choreography & Improvisation Unit

Choreography is communication through movement. It is a means to create and manipulate movement which expresses the dance composer's thoughts, emotions, or images.

Improvisation is the act of creating movement on the spot, without premeditation of what you are going to do.

Improvisational Strategies

Mirroring – All movement is performed mirroring each other.

Shadow – All movement is performed as if shadowing each other, one behind another.

Rippled – The movement is performed as a continuous ripple.

Symmetrical/Asymmetrical – All movement is performed by demonstrating a relationship between symmetrical and asymmetrical movement

Qualities of Movement

SWINGING – Movement is pendulum-like, movement reacts to the pull of gravity, and movement follows the path of an arc.

SUSTAINED – Movement is smooth and continuous, seamless, and unaccented. Sustained quality requires maximum control. There is a steady, equalized release of energy.

PERCUSSIVE – Movement is sharp, aggressive, and has a forceful initiation of energy.

SUSPENDED – Movement results when the pull of two opposing forces is even. For a brief moment the dancer seems to be held by the air...hanging in space.

VIBRATORY – Movement is a quick, recurring succession of small percussive movements.

COLLAPSE – A release of tension; gravity is permitted to take over

Elements of Composition

Direction: The line of action in space: forward, backwards, sideways, etc.

Dynamics: The amount of energy used in movement. Can produce contrast in a dance.

Focus: The intensity and direction of a movement as it projects from the body, face, and particularly the eyes.

Level: The planes, in which movement occurs, can vary from low to high and anything in between.

Group Relationship: The relationship between dancers in a dance