

## Programme notes

Title: NME

My dance is set on the way people can be overcome by negative, mixed emotions.

Accompaniment: 'Clubbed 2 Death' by Rob. D from the matrix soundtrack

I chose this piece of music because there are different dynamics to it which suited the emotions that I have chosen to dance about.

### Description

My dance is broken down into five sections each one showing a different emotion

**Section 1: Fear.** I start my dance in centre stage sitting on the floor with my knees to my chest, hugging them with my head resting on my knees. (See fig.1) As the music starts I develop this by adding a lift of my head and look into the audience then look over my right shoulder and then my left. I then turn my body 90° and repeat with my back to the audience to vary it. I stretch my legs out in front of me and my hands behind me. I swing me left leg past the right side of my body when it returns in front of me I put my weight onto my left hand and push myself up and circle my right hand around my head, turn my body round and push into a handstand as I come down from that I am in an up right stance with my legs slightly open. (See fig 2)

**Section 2: Boredom.** This motif is based on this position and I tap my right foot for 8 counts and repeat with my left foot for another 8. When I have tapped my feet I introduce a short linking phrase where I full turn until I am facing the front left corner of the stage and take 2 normal steps then scuff my foot plant it and hip dig left and right. Repeat this sequence except turn toward front right corner. I have developed/varied the tapping of my feet and added a large circular motion of the head.

**Section 3: Frustration.** Now on stage left I stand with my legs wide and swing my arm low for 2 counts on counts 3 and four I side step left and circle my arm as I am doing that. Then swing my arm again for 2 counts but on counts 3 and 4 I bring by arms into my body hands in fists(see fig 3), again the other way. After this I walk forward kick up in front and again

behind, bend the back leg and go down on it then kick my other leg up in front and push my body up again so I am standing.

**Section 4: Sadness.** There is now a change in the dynamics in the music and I make a simple gesture by bringing my right hand up to my face and sweeping it across until my arm is outstretched to my right side my hand is also outstretched. (See fig 4) I turn my head to look at my hand then bring it toward my face and up in front till my arm is straight and back down to my side, repeat this with left hand. I stand tall after this and sweep my right foot from behind to front and turn with it. And again with the left forming a figure of 8 turn, I then fall on the floor onto my front.

**Section 5: Anger.** With the change of dynamics in the music I change the dynamics of the dance and speed this part up, as I am lying on the floor centre stage I circle my right hand from back to front and bang it on the floor I pencil roll to my left and then pull up to my knees. I kick out my left leg and push through then kick up my right leg (see fig 5) with the kick I take my leg over my body and turn myself to stand up facing front left corner of the stage bringing my knee up clenching my fists (see fig 6) The next sequence involves more travel. From bringing myself up off the floor I jump kick then switch turn 90° another high kick to face front centre stage and then back walkover one more kick and fall to the floor and that ends my dance.

### Appraisal

I am quite pleased on the outcome of my dance and think my motifs have successfully illustrated the differences between negative emotions.

My first motif illustrates the emotion of Fear. The body language I use when performing this is closed and my facial expressions are used to show Fear.

The second motif shows the emotion of boredom and this is shown by the simple moves I have used and whilst performing them I used less body tension to make this look float like and liquid.

The third motif shows the emotion of frustration and this shown by the repetition of the swinging of the arm and punching into myself as if I cant get out and have no where to go except side to side.

The fourth motif shows the emotion of sadness and the gesture of bringing my hand to my face and sweeping across represents wiping a tear and the following of my hand is to try and 'hide' my upset face.

The fifth motif show the emotion of anger and this is shown by the amount of kicks and punches used as if I am getting violent there is a look of anger on my face as I dance the last piece which also helps me show the emotion clearer.

The end of my dance entailing me falling to the floor is the pressure of these emotions can and will catch up on people and causes breakdowns hence me 'breaking down.'