

# Contents

- Foreword / xi
- Preface / xiii
- Acknowledgments / xvii
- Terminology / xix
- 1. Approach / 3
  - Isolating Choreographic Elements / 3
  - Combining Theory and Practice / 4
  - Using Improvisation / 6
- 2. Essentials / 8
  - Intention, Motivation, and Clarity / 8
  - Theme / 12
  - Simplicity / 13
  - Artistic Impact / 14
- 3. Speaking Body / 16
  - Body Parts / 16
  - Building Trust and Sensitivity / 18
- 4. Phrase / 23
  - Basic Structure / 23
  - High Point / 24
  - Variety in Phrase Length / 29
  - Choreographic Phrase vs. Movement Combinations / 29
- 5. Space / 31
  - Level / 32
  - Geometry of Space / 33

**viii / Contents**

- Design in Space: Shape / 37
- Focus / 43
- Active Space / 45
- Turning / 47
- Floor Pattern / 50
- Stage Space / 52
- Personal Space / 54
- Environment / 56
- 6. Time / 58
  - Tempo / 58
  - Momentum / 59
  - Duration / 60
  - Clock Time / 61
  - Regular/Irregular / 62
  - Accent / 63
  - Meter / 65
  - Natural Rhythms / 67
  - Stillness / 70
- 7. Energy / 72
  - Energy (active/passive) / 73
  - Force (strong/gentle) / 74
  - Movement Qualities: Dynamics in Action / 77
- 8. Forming / 83
  - Form's Natural Existence and Artistic Use / 83
  - Organic Form / 86
  - Transitions / 87
  - Sequencing / 90
  - Compositional Structures vs. Choreographic Devices / 92
  - Compositional Structures / 93
  - Theme and Variation vs. Motif and Development / 99
  - Choreographic Devices / 101
  - Overall Form / 120
- 9. Abstraction / 124
  - In Art and Aesthetics / 124
  - Imagery / 127
  - Gestures / 129
  - Degrees of Abstraction / 133
  - Pure Dance / 134

## ix / Contents

- Romanticism/Classicism / 134
- Abstraction vs. Stylization / 135
- 10. Style / 136
  - Personal Movement Style / 138
  - Choreographic Style / 143
  - Codified Technique / 146
  - Theories of Movement / 147
  - Cultural Style / 150
  - Great Periods in Art / 151
- 11. Silence, Sound, and Music / 156
  - Silence / 156
  - Sound / 158
  - Music / 161
- 12. Group Work / 173
  - Group Trust, Movement, Design / 173
  - Multibody Movement: Design and Structure / 174
  - Partner Work / 176
  - Numerical Possibilities and Staging / 178
  - Balance and Placement in Overall Design / 178
  - Small Groups / 180
  - Chorus vs. Group / 183
  - New Resources: Dances from Your Dancers / 183
  - Using Choreographic Devices and Compositional Structures / 186
  - Formations / 189
  - The One and the Many / 190
  - Working with Masses / 191
- 13. Theatrical Elements / 193
- 14. Performance / 198
- 15. Tangents / 201
- Teacher's Addendum: The Delicate Art of Teaching  
Choreography / 209*
- Appendix: List of Improvisations and Choreographic  
Studies / 217*
- Notes / 221
- Index / 227