

Choreography Competition

NOTES FOR GUIDANCE

Choreographic Process

- Start by either choosing your music or by thinking of an idea you might want to convey and then find suitable music
- Write down ideas and statements that will help create your image
- Use a poem, picture or story to inspire your idea
- Create movement ideas to support your theme
- Decide whether this is a dance you wish to perform on your own, or with friends

Staging the Dance

Consider the following:

- Centre Stage is important but, if overused, can become boring
- The corner has a sense of privacy, as if the audience is looking in at something
- Diagonals are the strongest lines on the stage
- Use all the space and, if dancing with others, be sure to work across the centre line, not just stay on each side of the stage
- Symmetry can be lifeless - try to vary what each dancer is doing from time to time, not just "mirror image" each other
- Movement looks slower and weaker onstage - be sure to make your movements bold enough to be seen from the back of the theatre
- A good ending is necessary - the audience will remember this the most
- Try to vary the dynamics and levels of the dance :
 - laying down, slithering, rolling on the floor
 - kneeling, sitting, squatting, crawling
 - standing, walking, running, turning
 - jumping, galloping, skipping, leaping
 - even flow of energy
 - quick bursts of movement
 - stillness
 - use of pattern and space
 - slow, quick, varied speeds

Music

Have you heard a piece of music that you like? This could be the starting point of your dance. Be careful of the most up-to-date music as this might remind the audience of, say, their dentist's or doctor's surgery! You might choose to reflect the words of the song or the theme of an instrumental piece.

Be especially careful about editing your music. Whilst this is now possible with modern computer programs you need to be musical in your cuts. Something that jars will cause a shock and distract the audience from your choreography. Having a good ending is especially important. Consider starting part way through the piece if you are having problems cutting a section out and making it sound good. Please do not hesitate to get in touch with us if you need help - Geoff's a wizard music editor! Edit your music BEFORE starting on your dance.

And finally - give your dance a title that reflects the theme of the dance. Rehearse and polish, ready to perform. Have fun!