

Emergent Improvisation

Solo Practice

Embodiment

Sensory Work:

Moving from Breath, Stillness, Body scans, Body Mapping,
Proprioception, Tuning

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Discovery of Movement Vocabulary

Initiation from Body Parts, Rhythmic Patterns, Musicality,
Phrasing, Timing, Deconstruction, Speed, Repetition, Body
geography, Internal Imagery, Sudden Changes, Interruptions,
Retrograde, Energy States, Fluid Systems

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Attention to Spatial Environment

Spatial Orientation and Boundaries, Architecture, Sound, Light,
Temperature, Energy, Internal and External Sense of Time and
Space, Finding Location, Foreground/Background, Spatial
Patterns

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Focus on Particular

Choice, Beginnings/Endings, Narrative/Images, Referencing,
Phrasing, Assembling Patterns, Repetition

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Emergent Structures

Excavation, Accumulation, Initial Conditions, Theme and Variation

Ensemble Practice

Communication

Ensemble Capacities for Self Organization:

Pattern Recognition, Negotiation of Roles, Empathy Attention to
Development, Balancing Individual Impulse with Ensemble
Choice Making

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Compositional Tools

Unison, Spatial Patterns, Solo/Chorus, Framing, Retrograde,
Rhythmic Patterns, Narratives/Images, Amplification, Repetition,
Referencing, Interruptions, Sudden Changes, Entrances/ Exits,
Stillness, Accumulation, Shadowing, Partnering, Contact

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Emergent Structures

Washes, Charges, Main Event/Chorus, Glacial Erratic, Waves
and Eddies, Pathway, Landscapes, Fields, Tableau

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Emergent Forms

Complex Unison Form, Memory Form, Recall Form
Forms in Development: Landscape Form, Dream Form,
Rhythm Form