

Modern Dance Techniques: Digging Deeper

The respondent's email address (----) was recorded on submission of this form.

What is the technique or choreographer you studied? *

Release Technique

List some strengths you have identified about that mover. *

couldn't find much on joan skinner but release technique helps you become more flexible and strength along with other benefits when learning this technique

List some possible limitations or weaknesses that inform their style. *

if you are a very tight dancer then this technique could be very hard for you.

From your research, what priorities did/does your choreographer value? (What did they love about dance? What movements or actions did they repeat over and over? What techniques formed the base of their style?) *

Being very loose and not being tight is what the technique is trying to get to. It is a kinesthetic training technique to help you become more aware of the placement and movement of your body. Graham technique was a big part of the forming of her technique. she was taught by Graham so this would have pushed her in the direction of a technique not far from Grahams. She put a lot of throwing yourself forward and backwards and to the sides with your upper body and arms hanging loose.

According to the mover you researched, what is the purpose of dance? *

I couldn't really find what she said about dance but it seems like she viewed dance as something to release your stress or to let go of everything that is going on. To just be free and use dance to release your feelings. but im not sure because i cant find anything.

This form was created inside of Arkansas Arts Academy.

Forms