

## **The Movement Caption**

*By Christine Clayton*

Did you find all the “movement” words hidden in last week’s word search?

Many of you may not have understood all of the words in the word search. Following are short definitions.

**Articulation:** Detailing and defining each part of every move. For example, having a strong point when you tendu.

**Balance:** Working with gravity to remain upright and support all body parts. For example, standing on one leg.

**Breath:** More than just breathing in and out (which is also important), moving with breath is moving with a sense of freedom; it isn’t stiff or mechanical.

**Centering:** The ability to hold and organize yourself around the center of your body...which is your pelvis. This is especially important when you are turning or working to achieve any balance efforts.

**Excellence:** The excellence rating on the movement score sheet indicates how well the performers have achieved what they were being asked to do (their Vocabulary).

**Flow:** Flow is an expressive effort quality. You can move with free flow (like when you are leaping) or with bound flow (like when you pull yourself into a ball on the floor)

**Gesture:** Moving your arms, legs, head or other isolated body parts/areas. Reaching your hand out to the person next to you is a “gesture”

**Gravity:** As we all know, this is the force that hold us onto the earth. We must learn to work with gravity (leaping, getting in and out of the ground) or else our movement will appear stiff (without “breath”).

**Point:** You all know what this is...how many times has someone told you to “point your toes!” Remember that point actually starts as an extension of the leg...all the way from the hip socket, down the leg, across the top of the foot and ends at the toes.

**Posture:** Having good posture means standing up straight and tall, pulling up from your “center” with your shoulders back and relaxed. “Postural” effort changes involve the entire center of your body and your spine (like when you roll down to touch your toes while you are stretching)

**Recovery:** How well do you get back into the routine when you make a mistake? Sometimes the mistake isn’t nearly as important as how professionally and quickly you “recover” from it.

**Rhythm:** The pulse or the beat of the music. Good rhythm allows you to stay in time with the music and with the others in your group.

**Space:** The area around you and the area in which you move. There are 27 points in space all around your body...this may seem as though it is equipment related but remember it is your body that is making your equipment move through all that space.

**Synergy:** When the body and equipment are so closely fused together that it is impossible to do one without the other...that is when true synergy takes place. All of the beautiful body wraps that we see the World guards do is an example of synergy.

**Time:** Another expressive effort quality, time means moving within the range between quick and slow. When something is described as being “sustained” it means you are moving a part of your body slowly. For example, slowly lifting your leg into an arabesque.

**Vocabulary:** The vocabulary rating on the movement score sheet is rating “What” you are doing. The range and variety of body moves, how you combine your body with your equipment etc.

**Weight:** Yet another expressive effort quality, weight is moving the body in either a light or soft manner (gently touching someone on the shoulder) all the way to a heavy or strong manner (making a fist with your hand).

These are just a few of the things that the Movement judges are paying attention to. Remember that they are looking at everything you are doing with your body...not just your dance features. They notice your posture underneath your tosses and what your body does when you catch (are you dropping your shoulder?). They notice how you move in form and how close you are to one another. Keep in mind that everything that happens with your equipment is directly impacted by what you are doing with your body. If you aren't moving your body (arms, legs, torso etc.) the same as the person next to you, odds are your equipment won't look the same either.

Hopefully the last two weeks has taught you more than you knew before about how Movement is judged. Ask your instructor to let you listen to some of your movement tapes...you'll learn even more. Next week we move to General Effect so practice looking up and projecting to those folks in the top row!!