

Swindon Dance - Night People Notes

General Physical Guidance / Areas to keep researching & pushing

- All movement to be grounded and low, especially whenever finding grooves in the walks, travel and improv moments.
- Head Bangs to be hard/punchy/big - no nodding or small movements - these are to emphasize the bass and to explore this 'harsher' movement quality.
- Anytime they are 'lounging' on the floor, the inspiration was greek statues/gathering around water fountains, so the positions should not be pedestrian, much more hyper extended, elegant, regal, over emphasised in their structure whilst also remaining quite cool/nonchalant etc. This is important for the starting structure.
- Sustaining power and rhythm throughout - this is all about building the Bpm and emphasising the bass together - providing a cathartic, ritualistic experience for the audience to watch. Think social dance/rave meets ritual/folk energy - trying to emphasise this indulged, focused, community driven vibe.
- FACES/FOCUS - Show joy and fierceness across the movement - See each-other! So lovely to celebrate dancing together and showing this to the audience - Pulling upon the characters and confidence building improves we researched in class. Don't apologise and hide behind the music, go for it and welcome each-other into the experience!
- Ensure slow, melting, relaxation quality at the end, sinking into the ground and enjoying that moment. Stillness isn't needed until the very end.
- Quartet to keep pushing focus, and how their holds/structures can be further emphasised - again creating strong statue imagery and strength in positions.
- Own moment of stillness to exaggerate the drops/shifts. Catch people off guard.
- Keep working on hitting counts/positions sharply - indulging in catching the bass and hitting certain moments with some punch.
- Enjoy adding extra layers of character and physicality across - we only had 3 days so there is loads more they can continue to research in engaging each-other, building relationships and adding their own pleasure/flare across the movement.
- Enjoy the challenge of being in a new physicality and the collective power it provides - Keep pushing and enjoy the journey together!

Daisy & Aaron

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