

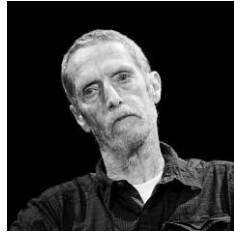
WHAT IS CONTACT IMPROVISATION?

Types of stimuli used in dance

VISUAL	KINESTHETIC	TEXTUAL	AUDITORY
PICTURE	A PROP	POEM	SONG
PAINTING	A CHAIR	MAGAZINE ARTICLE	SOUNDS OF NATURE – BIRDS, WAVES CRASHING
POSTER	A SUITCASE	STORY	SPOKEN WORD
VIDEO	A ROPE	NEWS ARTICLE	



Contact improvisation is a form of improvised dancing that has been developing internationally since 1972. It involves the exploration of one's body in relationship to others by using the fundamentals of sharing weight, touch, and movement awareness.



Steve Paxton is an experimental dancer and choreographer and founder of 'Contact Improvisation'.

Unit 2 – Contact Dance

Jump, turn, travel, gesture, stillness/balance

Sharp, smooth, jerky, sudden



The 4 Components of Dance:

- Action – what you do
- Space – where you are in the space
- Dynamics – how you perform the actions
- Relationships – who you dance with



How to conduct a lift in a safe manner

1. Have a **stable position** – make sure that the person who is lifting has feet hip width apart and a slight bend in knees.
2. **Keep your partner close** – make sure there are no gaps between you and your partner.
3. Have a **good hold on your partner** – have a firm grip on the person whom you are lifting.
4. **Be focused** – do not lift or give your weight to your partner until you are both focused and ready.
5. **Know your limits!!!** – lift someone who is of a similar height and build as yourself.

By following these simple rules you will be able to lift and be lifted in a safe and comfortable manner.



5 Key Skills

Trust

Balance

Strength

Focus

Communication

Technical Skills	Expressive Skills
Arm and leg extensions	Musicality
Movement memory	Facial expressions
Focus	Dynamics
Balance	
Co-ordination	
Posture	
Flexibility	

WHAT SKILLS DO I NEED TO SUCCEED?

PERFORMANCE SKILLS