



How to choose and use the space for your dance performance

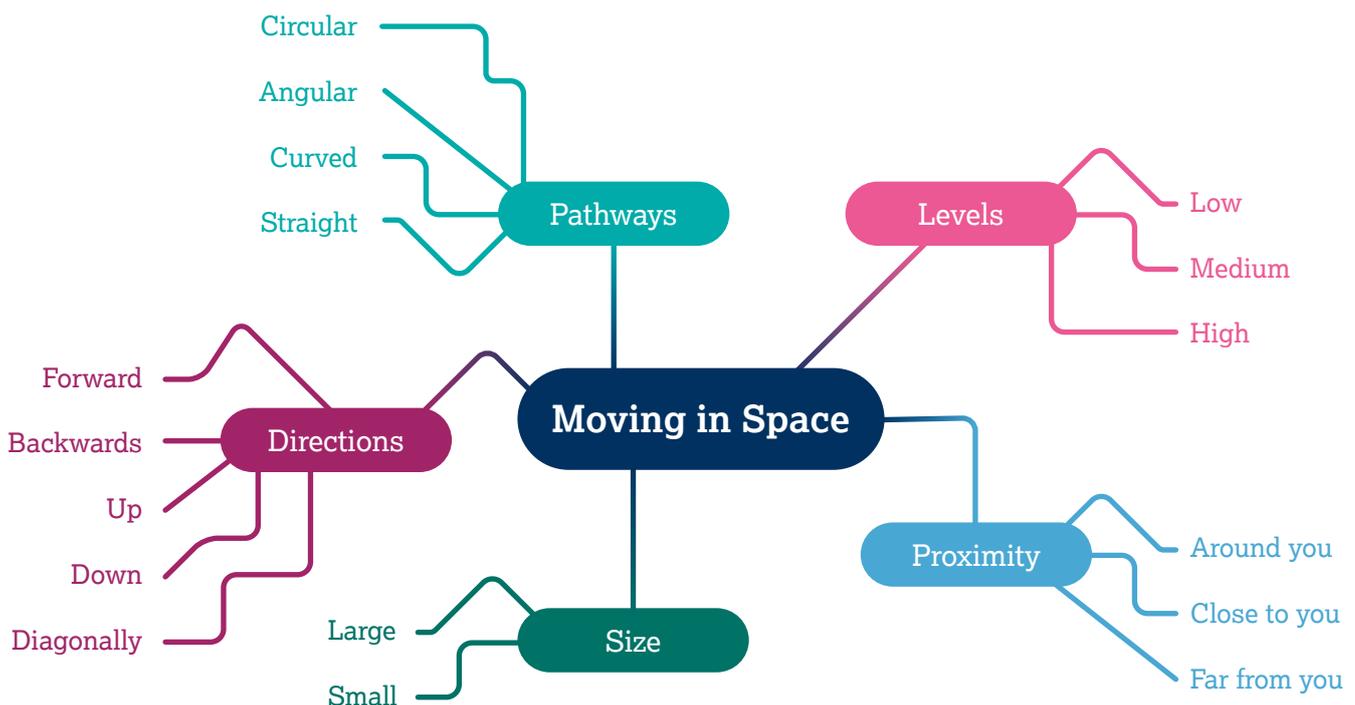
Your performance will be really enhanced if you can make the choreography interact with, involve and become part of the space you have chosen, so try to think about this when choosing your inspirational space to dance.

Think about why you might choose that specific location, maybe because it relates to the movements or the idea behind your dance, or because it has meaning for you? Could it possibly add humour to your dance, or can your dance relate to the shape or colour of the space, or something contained within it?

Here are some things you might like to consider when you are choosing the space for your performance. Think about the following features because they can help to focus the choreography of the piece and draw attention to specific moments or actions in your dance.

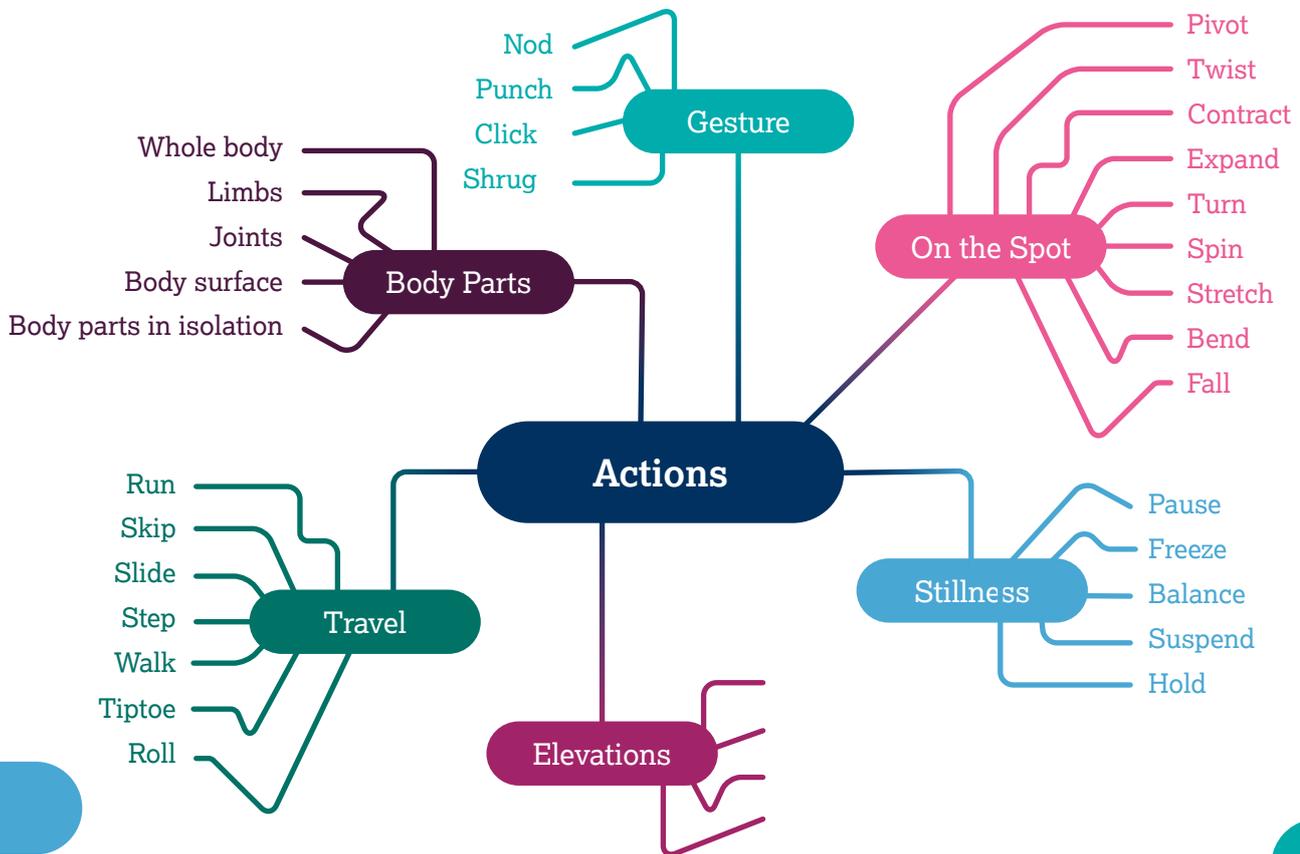
Think about size, surfaces, colour, height, architectural features, furniture or fixed objects and consider how you could weave these features of your chosen space into your performance, so you can interact with them in some way. Maybe you could use them differently from the ways you might normally use them, for example, you might decide to stand on a sofa instead of sitting on it or lying on it.

Whether you are creating your own dance or using choreography you have already been taught, you can really play with lots of different spatial ideas to adapt and develop the movement content in interesting ways. For example, you might need to change the size of some movements if you don't have as much room in the new space as when you performed your dance in a studio. Use this diagram to remind you of some of the key ways you can adapt the content of your dance to give variety and help to make your dance work in the space you have chosen.



When you adapt your dance for a new space you might find you need to change the dynamics of some of your movements. Dynamics are how the body moves in terms of the speed, energy and flow of the movement. They are very important in dance because they add texture, colour, interest and variety. You might find you need to change the dynamics of some parts of your dance for example if the space is smaller you could move more slowly.

You will also need to think about the action content of your dance, and you might find that you need to change some parts of your dance to fit the space. For example where you would usually do a full pirouette you could just turn half a turn to face a different direction, or where you would normally run, you could walk. These small changes can add interest to your dance and make it work more successfully in the new space.



Here are some other ideas that might help you when working on your dance in a new space:

- Create a good starting position in your space and a good ending position
- Use moments of stillness or pause to add texture to your piece
- Use different body parts in isolation, such as just your arms, then just your feet
- Think about how you transition from one movement to another
- Use contrasts of movements, speeds and energy in your dance to give it colour and interest
- Find some moments that you can use as highlights to focus attention
- Try not to use too much repetition
- Think about wearing a costume or part of a costume to help contextualise what your dance is about.



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