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La visite is a dance film by Wanjiru Kamuyu and Tommy Pascal that blends powerful movement with a personal story. It follows Kamuyu as she dances through the Palais de la Porte Dorée in Paris, a building filled with colonial history, while reflecting on her own journey from Kenya to the U.S. and to France. The video feels like a conversation between the body and the space, mixing memory, identity, and history in a really visual and emotional way. The most common motifs were bouncing/ jerking up and down, circular motions, and sharp movements from the neck as if the dancer was pulling away from something. I noticed that the dance was internal even with all the external and attention drawing movements. It read as if the dancer was fighting against something. The dance was also non-linear and doesn't follow a strict choreographic plot. The movement structure flows between grounded, repetitive gestures and expansive, spatially aware phrases that interact closely with the building's architecture. Shifts in tempo, direction, and intensity create a layered choreography that mirrors emotional transitions and the experience of navigating identity across different spaces.