

Collaboration Examples

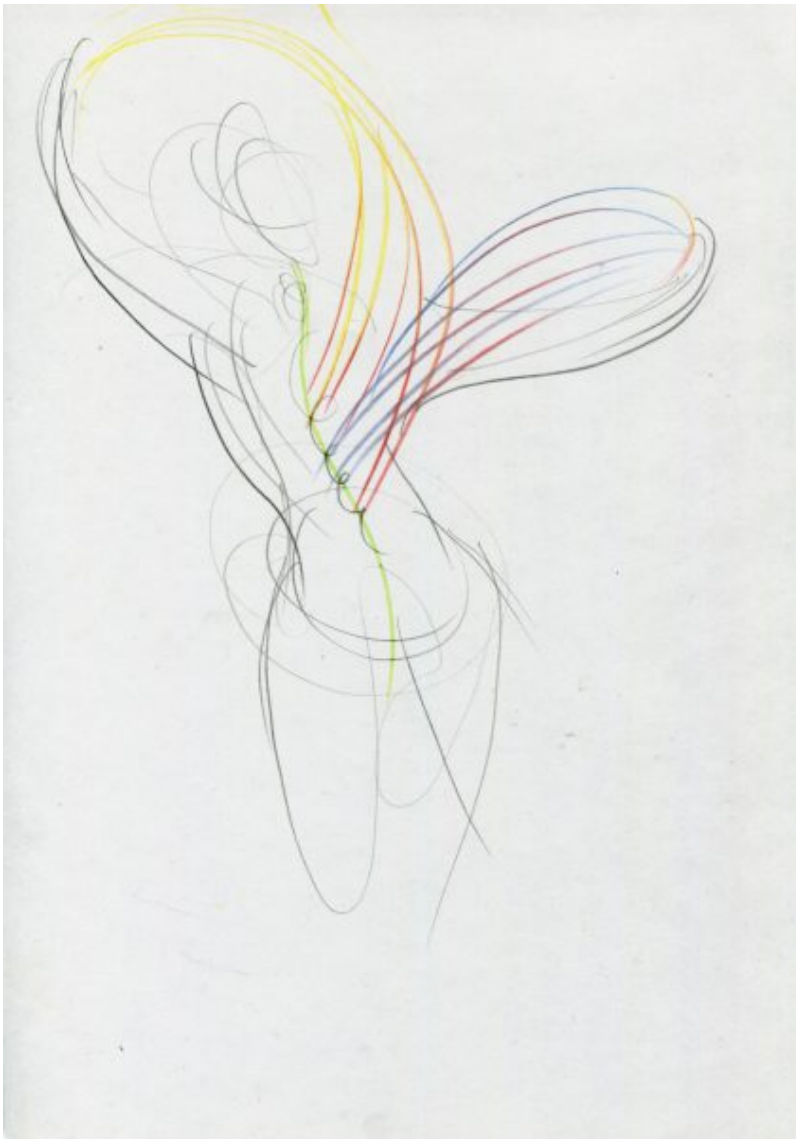
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— *Movement Technique Class*, individual work at the end of class, 'working on the foot and leg alignment'.



— *Contact Improvisation Class*, warm down with a partner, 'hugging your partner to say thank you for the dance; sense the volume and the roundness of your partner; give support and prepare for a shoulder lift by connecting to the structure of the partner'.



— *Movement Technique Class*, movement exploration with an image, 'strings connecting the fingertips and the vertebrae through the front of the torso'.



— Contact Improvisation Class, Practicing “contact moves”, ‘sharing weight; leaning into each other in standing back to back; changing from horizontal force to vertical while moving towards the floor; one becomes a weight-giver, the other is the weight-receiver; it becomes a dance’.



— Contact Improvisation Class, movement exploration with a partner, ‘the head is supported by a partner, a gentle direction is given; the receiver works on finding connection to the pelvis (centre) and activates movement by lengthening the spine, sending energy from the head to centre and back; receiving support from the partner to rise; exploring moving and being moved’.



— *Contact Improvisation Class*, integration, 'open dancing alone or with a partner at the end of the class'.



— *Movement technique Class*, a duet dance unfolding from a movement exploration, 'arms creating space around the body; changing directions; playing with distance and different dynamics; using stillness'.



— Movement Technique Class, Partner work, 'taking the leg; folding, unfolding, circling, listening to its weight; suggesting a possibility for letting go of unnecessary tension'.



— Movement Technique Class, Solo dancing, 'limbs sweep through space; use momentum and travel'.