Course Title:
THA 23A Movement for the Stage
Time: Monday 2:00 - 4:50 p.m.
Instructor: Lindsey McWhorter
Location: Spingold Rehearsal Room 206
Office hours: Monday 1 - 1:40 p.m. or by appointment
Email: lindzgm@brandeis.edu

Course Description:
In this course the students will learn a variety of techniques and methods for developing strength, flexibility, and proper alignment. Students will work toward finding a neutral, graceful, and energized body, and expand their ability to communicate and tell a story with movement as well as spoken language. Included in the course will be exercises that develop stage presence, social and period dance, and hands on body work that involves physical contact through touch, designed to create a relaxed and aware physical instrument with poise and ease in breathing and release in performance. This course is designed to give the student an opportunity to become more comfortable, confident, and clear in his/her movement on stage and in the extended world experience of performance. It is also designed to prepare the student for the demands of live stage performance, as well as other situations in life and career that can be helped by developing physical balance and awareness, confidence, and clarity in the body.

Course Outline:

9/03 - Labor Day. No Class

9/06 - BRANDEIS MONDAY on THURSDAY Introduction, Overview, Stretch, Alignment, Strength.

9/10 - Rosh Hashanah: NO CLASS

9/17 - Hands & Touch studies and group exercises. Fundamental dance steps for stage

9/24 - Sukkot: NO CLASS

9/25 - BRANDEIS MONDAY on TUESDAY Gesture and Body Language: observations. Contemporary and Interpretive Dance

10/01 - Shmini Atzeret: NO CLASS

10/08 - Interpretive Assignment Due and 6 Dimensions of Physicality
10/15 - Balance and Presence. Introduction to Laban’s 4 Effort Elements

10/22 - Character Development Final Person Name Due. Discuss *Dream A Little Dream* Show Dates are October 18 - 21. Must see the show!

10/29 - Neutral and Character Masks.

11/05 - Energy States.

11/12 - Primitive Dance and Styles: Scene work

11/19 - Physical, Visual, and Musical Dynamics

11/26 - Develop material for final project (Famous Person Portrait) **Music & Cues Due**

12/03 - Rehearse Famous Person Portrait with Music and Cues

12/10 - Famous Person Portrait Final Presentation. Last Day of Class

**Course Goals:**

To gain physical awareness, flexibility, poise, and a vocabulary of movement skills useful in preparing for work on stage.

To develop strong focus and articulation of creative impulses, to learn to use ones imagination in a constructive way, to find a trust in ones own body in order to be present and able to work with other human beings.

To gain a sense of clarity, agility, and imagination in thoughts and feelings communicated through physical language and action.

To develop strong focus and articulation in the body as a creative instrument. In this semester we will cover 3 areas of movement work:

1. Warm up, and physical awareness exercises to build flexibility, strength, poise, and good alignment, and dance for theater performance.

2. Movement exercises focusing on Time, Space, and Weight, partner and group improvisation, and presentation of assignments.

3. Studies in central body parts: i.e.. hands, feet, torso, legs and head. Connecting language of the mind (original texts) to language of body (work with objects, furniture, and in physical monologues and groups of 3-4 people)
Each student will create a final project that will be equivalent to a final exam. This final project will consist of a performance piece based on the life of famous person. The project will include text, movement, music, and a visual element.

The Grade
75% Attendance, Punctuality, Focus, Progress, Collaboration, Effort, Lab

• Each student will be required to complete 9 hours of Lab a week which will include reading books and articles, watching rehearsals, attending performances, and rehearsing the final project.

25% Assignments- applying the work in class and demonstrating a depth and sufficient preparation

• Only two absences are accepted per semester. Each additional absence will lower the grade 1/2 letter grade.

Requirements:
• Please wear appropriate clothing for dance and movement class.

• Please no gum chewing, or eating of any kind in the studio. Only water bottles allowed.
• Do not wear restrictive clothing or accessories.
• Turn off cell phones
• We will be working in barefeet or character shoes when necessary. No socks. If you have to for medical reasons, I will need a formal letter from a doctor.

If you must be late, or absent please call me at (334) 294-2850 or email me lindzgm@brandeis.edu