

ICODACO

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Individual Contribution

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What is your desire in dance?

BODY – MIND – SOUL moves together in dance → brings me to 'flow' → altered state of consciousness → being on a trip

dance confirms that i am alive (fear of not existion)
what is alive, moves!

community, togetherness

childish, playfulness, curiosity

irregular, unique, nature ←→ urban, regular, capitalism

I give and I get back from dance → trustworthy, never cheated on me, confirms, gives back some information about our current state

creation from nothing; this 'GOD' instinct goes into dance and coreography

ChatGPT chat

dance can be art, ritual, sport, or the expression of out feelings

gives freedom and joy

animals also dance for survival and species conservation (for example octopus)

your body produces many hormones having positive effect on the body; bioligicly healthy