

Choreographies, creations examples:

Usually, my works are not starting with the intention of creating art for itself, or for anyone else. They come from experiments, researches or simple games at home, where I can truly be myself, surrounded by the inner circles it opens up my inner child, and from an introvert I become an extrovert.

Superhero Tutorial

https://youtu.be/saLEz5QtM0I?si=GAI583r3IQ0J_gfi

1. The topic of climate change
2. Inventing an alter ego for myself
3. Playing at home in my childhood old competition clothes
4. The idea of a piece
5. Automatic writing
6. Theatre improvisation tasks
7. Learning about global warming and environmental issues
8. Creative writing
9. Playing with the text, and test audiences
10. Collaboration with a drama instructor and community organizer

Follia - dance piece for 4 dancers

https://youtu.be/jZ_Xjjjc1xY?si=XarfA1K6DJq3-yE

1. Music (Vivaldi: Follia) inspiration
2. Music visualization by movement (purely the structure of the music)
3. Going deeper, what feelings association created by the music
4. Circumstances, experiences started connecting to the music
5. Envisioning a dance piece connected to the Follia music, and life happenings
6. Inspired by situations creation of a text, monologue and dialogues
7. Outline the definition of topics
8. Finding dancers who I resonate with
9. Improvisation exercises: dance, and theatre improvisation tasks, different strategies related to the topics
10. Creating, adding musics
11. Working on fixed materials also
12. Experiment with the structure of the piece
13. Staging: Lights, placement

Wendy - solo dance

https://youtu.be/3tfWtdPpyvE?si=w_h4LA4VFUzoavcD

1. Panic attack - Powerful physical and mental condition
2. Pure movement research about muscle tensing and release
3. circumstances and life stories
4. a theme came
5. choreography based on muscle tensing research
6. finding music
7. Staging: Lights, placement

Yin - duet, co-choreography

<https://youtu.be/t637oqC92xw?si=DBBcR1c1KbKkDBgV>

1. Theme about womanhood
2. brain storming related to the topic, which angle is interesting for us
3. improvisation exercises
4. experimenting with scene concepts through improvisation, composition and choreography
5. searching and creating music for different scenes
6. learning Bharatanatjám indian dance
7. choreography: creating a special movement language for the piece
8. Experiment with the structure of the piece
9. Staging: Lights, placement