Illustrated Choreography of Spirals

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Illustrated Choreography of *Spirals*

Kasey Britt
Abstract

This independent project was created for the yearlong Anatomy component class in Dance. The author utilized movement practice, viewing video recordings, anatomical study and analysis, sketching and drawing, to develop and produce a detailed visual representation of Spirals, choreographed by Irene Dowd © 1991. Spirals is a complex and comprehensive warm up and cool down choreographic sequence for dancers, built upon functional anatomy and neuromuscular training principles. During the fall semester and for the first eight weeks of the spring semester, the author learned and refined their performance of this material, as well as making anatomical drawings and engaging in movement analysis. Following the shift to off-campus instruction, the author chose to pursue in-depth study of Spirals through the creation of a visually rendered version. There are 92 individual images in pencil, which serve as specific directions for performance of the choreography.
SPIRALS

1. Up one
2. Push back
3. Pull forward
4. Eye and R hand in a circle
5. Tuck hand under belly
6. Reach across the ceiling
7. Stretch transition to standing
8. Continue with spacial, face, or sit position
9. Look away, R hand circles
10. Slide to modified up right
11. Return to start
12. L leg to R hand, look at R hand
13. Sole accents the ceiling
14. Place ball of L foot up ahead
15. Circle arm over head
16. Palms to ceiling
17. Unfold and orient to...
18. High L diagonal
19. Leg to mouth
20. Little too much away
21. Cross a big ball
22. Twisted X
23. Return L leg to R hand
   Turn in, down and inside to the floor
24. Reverse-torso twist
25. Formed circle, standing on L leg
26. Leap across the floor
Works Cited