

DCE 259 – Laban Movement Analysis

Prof. M. Parrish

Key Assignment Description

1. Final Movement Signature and reflection (40)

Using your skills in LMA you will create a movement signature. A movement signature is a choreographic investigation demonstrating your understanding of your own movement proclivities and challenges. Building on our class experiences your Movement Signature and reflection paper should provide an opportunity for you to apply the information in a personally meaningful manner.

Part 1: Initial Movement Signature

Complete worksheets, **create** draft of signature phrase (only 30 sec), **film it**, post it to Arc media ((use naming conventions)) and analyze it (15 points).

Assignment Due 11/8

here is the worksheet

[Initial movement signature worksheet 11.2.18.docx](#) 

***** Please read HOW TO example for form completion below.**

A. When I dance I love to.... FORM. Since this is your dancing research bank of things that you LOVE doing in dance it should not be hard to find much to say. Please provide at least 6 specific examples in each category use the handout from class to help jumpstart your thinking. I have started, so you can see what I am looking for, but what I have written does not provide adequate information to complete the assignment. Each of these should be about 6 sentences... remember this is the brainstorming for the phrase you will make. I should see direct connections between your “**When I dance I love to**” list and the phrase A that you create.

	When I dance I love to....
Body	I love traveling in space Turning, leaping and stretching.
Effort	My natural ways of moving are free flow effort and sustained time.
Space	Talk about space qualities from the grid
Shape	Talk about shape qualities from the grid
Relationship	Talk about relationship space qualities from the grid
Breath	I am able to access breath in spirals easily but have a more difficult time remembering to breathe in quick movement (where breath would be most helpful).

Type in specific movements that are on your top 10 list.

Movements I love spirals, turns and ronds de jambe type movements, my upper and lower body feel interconnected.

Other

B. In terms of the **movement signature worksheet**, this is the analysis of the phrase that you have created. The grid is to organize your thinking. Remember not all themes (body, effort, space etc) will have something listed on the form. Work to be as clear and descriptive as is possible.

Here is an example of the LMA analysis grid identifying the regular language, body, and effort of the first 2 movements of the amazing work The Desperate Ones.

[Phrase A worksheet example from The Desperate Ones.mp4](#) [Play media comment.](#)

1. Initial movement signature worksheet

	MOVEMENT 1 In a stark and brightly lit white room, the dancer moves forward with bent legs in a crouched and way staying low to the ground. She appears somewhat fragile as she travels slowly and carefully downstage. Her right hand is covering her eyes and her left hand tremors... she is blinded but with intention she finding the way to move forward. She takes 4 steps staying low The dancer's right arm extends forward and down Time 08-0:24	MOVEMENT 2. The dancer's right arm coming near to the centerline if her body as she rolls up her spine. The hand is like a zipper from her belly to her chest and over her head to the sky above. It is a slow gorgeous supple and fully articulated spine. Time: 25 -:27	MOVEMENT 3 her right-hand touches the center of her chest and pulls over the center of her chest and reaches it over her head. (is it her heart) both arms extend overhead to the ceiling first right and left time 28 -29
Describe move in regular language			
Body	Walking forward in a semi-contracted shape Left-hand isolation - shaking hand	Body uncurls Articulating and arching the spine	Arm isolation right an left
Effort	Sustained time direct space, bound flow as she steps forward Quick time effort in her movement of the hand (this contrast of efforts is what makes it so so engaging and memorable.	Bound flow effort as If she is pushing her chest up against the pressure over her head There is a bit of light weight effort at the end	The bound flow in the arching turns to Direct space with the height hand (holding heart to the ceiling) free and the light weight increases with the slight waving of the arms
Space	Traveling forward in a mostly straight pathway on a low to mid-low level		
Shape	Her body is contracted a bit and rounded One hand extended away from her. Advancing with sustained time	Rising with a bit of lightness at the end of the movement	

Relationship	Not really part of the phrase at this time	Reaching to a place above her	
Breath	Not as clear here as she travels but clear exhale as she lowers her arm to the ground	Clear Breath support inhaling as she unfolds her spine	
Evocative Language	Tremors Blinded but that will not stop her progress forward pressing into the darkness in front of her		Grabbing and offering her heart to someone above
Other			

Attached is the BESSR handout from class. It should prove helpful as you write your part A self-analysis

[R6. LABAN elements of dance BESSR grid.pdf](#) 

Part 2: Final Movement Signatures A and B will be shared in class and video posted to YouTube. (15)

Assignment Due Post movement signature A and B with 1 page analysis to canvas 11/20

A B Phrases will be shared during finals week

Part 3: Final Movement Signature 2-page reflection paper is due at the end of the semester. (15)

Assignment Due during finals week 12/7 Final on 12/7 3:30-6:30

See guide and rubric for writing reflection in syllabus