



Home Body

UWTSD BA Dance
L6 Major Project
May 2022
The Lyric, Carmarthen

-HOME BODY-

Concept

As we start pretending at normal, returning/retuning to life in the world, we must exorcise the ghosts of our trauma, our boredom, our listless languishing. We must celebrate what was guiltily fantastic about lockdown, the discoveries, the connecting, the rest- mother Earth's desperate intake of breath while we were silent. And we must hold tight to tender thoughts and practical action for those for whom it was an absolute nightmare. Grief, terror, freedom, domesticity, malaise, desperation, heroism- all of it. All of it. A cast of women explore the body *as* home, the body *at* home and the body *in* the home. They exorcise some lockdown demons, drawing solace from the body, celebrate the hitherto 'female' domain being thrown open, lament the loss of opportunity as our promised blank slate is besmirched by "back to normal", and condemn the ludicrous state of things.

Influences

Inspired by the timeless listlessness of Pina Bausch, the unashamedly emotional words of Rupi Kaur, images / lockdown art by Antony Gormley (below), Scarlett Carlos Clarke (above), Chris Fernandez (second below) and Enda Burke (final image).

Music?

Lucrecia Dalt - Anticlines ; Laura Marling / LUMP ; Wet Leg- Chaise Longue

Project Outline

- W/b 7th March - training, scratching, discussion, improvised responses
- W/b 14th March - training, scratching, discussion, improvised responses
- W/b 28th March - settling the concept, finalising the scores and creative tasks
- W/b 25th April - revisiting the scores and fixing the choreography
- W/b 2nd May - structuring and sequencing
- W/b 9th May - cleaning
- W/b 16th May - production week





Creative tasks and ideas...

Poetry translations

- *My mind my body and I live in one place but it feels like we are three completely different people (Rupi Kaur)*

Space holds- 1. Get hold of your centre and slide out of it, keep hands exactly where they are and show me the struggle to get “back inside your body” 2. Leave your hand in a fixed place, how much can the rest of you move? 3. Leave your head behind you.

Explore three dancers as one split person- mind, body, soul. Three dancers, staying connected constantly one moving in ectomorphic ways (motile, quick with pauses, trying to disconnect intermittently, vertical lines, head and gesture); one endomorphic (skin, sensation, slow, curved, fluid, porous, indirect lines); and one mesomorphic (muscular, square, middle and low levels, dense, active.) Practice the character scores individually before moving in space together and ultimately into contact. Option to choreograph material and then link it up or two work from improvisation or ‘yes and’ choreography task.

- *My body is the map of my life (Rupi Kaur)*

Mapping experience: My hands made endless cups of tea. ‘My feet grew wider, padding around bare...’

We will use anatomy as resource - "I wanted to make this self-contained body, looking at itself, at the resource that one has within oneself," Antony Gormley

Exploring anatomy books as a resource to map internal experience, making the internal visible externally.

- *Play is when we escape time* (Rupi Kaur)

Clock face? Ticking, rotating, endlessly rotating. Limbs as hands, does someone escape?

OBJECTS

Chairs

Cups

Wool / yarn

Plants / pots

Circular plinth

Bread dough?

Water

Blankets

