



# Choreographic Exercise

## Glossary of Elements

Presented October 2011 by the International CE Committee: Jan Gardner – Chair (Australia), Jodi Porter (USA), Christine Sabatini (France), Linda Aubrecht (Australia), and Patrick Capmartin (Spain).

**PREFACE:** The following was written as an educational resource for coaches, choreographers, and judges of Theatre on Ice (TOI) to develop a universal understanding of the choreographic elements for the Choreographic Exercise (CE) (short program). The work is based on the fundamental principles of dance choreography to enhance the choreographic development of TOI and was initially introduced by Sandy Blasquez and Françoise Isoré from France who created the first CE language.

### **STYLE**

**Contemporary:** Style extended from ballet and modern dance techniques that incorporate full-body movement with focus on the physical and emotional experience.

**Cultural Dance:** Movement and music based on the tradition and culture of a geographic location. Ex: Folkdance, African Dance, Indian Dance, Irish Step-dance etc.

**Fantasy:** Creating an alternate universe by demonstrating unique body movement and gestures outside of everyday life.

**Jazz:** Style based on percussive movements and body movement isolations usually performed to percussive/rhythmic music.

**Musical Theater:** Style of music and dance movement in performance inspired by the original theatre production. Ex: *Cats*, *Grease*, *Wicked* etc.

**Narrative/Theatrical Drama:** A storyline with a specific and clear plot: Beginning, middle and end. Emphasis is on the **dramatic** character of the performers and their connection to the audience.



## **CHOREOGRAPHIC PROCESS**

**Accumulation:** A choreographic sequence of movement that increases upon repetition. Note: Accumulation can be used to relate to size, energy, density, and number of movements in a sequence. (Opposite of Diminution)

**Call and Response:** A sequence of body movement vocabulary performed by an individual or group that is echoed or responded to by another individual or group.

**Canon/Cannon:** Repetition of a movement sequence by two or more skaters in which each skater enters into the movement sequence at a different time. Ex: #1 “Row Row Row your boat...” #2 “Row Row Row your boat”

**Choreography Form “ABA”:** Establishing one concept-idea, choreography sequence, feeling etc. (“A”). Changing to a different and sometimes contrasting concept (“B”) and then returning to the basic elements or exact repetition of (“A”).

**Contrast:** Two different opposing choreographic sequences happening at the same time.

**Diminution/Decrease:** (dimə' n (y)oo SHən) A choreographic sequence of movement that decreases upon repetition. Note: Diminution can be used to relate to size, energy, density, and number of movements in a sequence. (Opposite of Accumulation)

**Flocking:** A formation of ensemble movement that changes in space and shape depending on the direction that the ensemble is traveling. Origin: Often resembles a flock of birds flying with a lead point.

**Mirroring:** Imitating the movement of another when facing that individual or group.

**Repetition:** Repeating a motif, gesture, or larger sequence of movement throughout the number.

**Retrograde/Auto-reverse:** A choreographic sequence is performed in a specific order and then repeated in reverse.

## **BODY MOVEMENT**

**Adagio/Slow:** Slow, continuous, and sustained body movement.

**Allegro/Fast and Lively:** Energetic and quick tempo of body movement.

**Acceleration:** Gradually moving faster and faster.

**Everyday Gestures:** Small movements that mime everyday gestures. Ex: brushing teeth, telling time, pointing etc.

**Level Change:** Showing variations of the height of body movement: **Low** (lunges, sit spin, ice level body movement etc.) **Medium** (camel spin, Ina Bauer, etc.) or **High** (jumps, leaps, or lifts etc.)

**Percussive:** Sharp, fast, and explosive body movement.

**Release:** "Loose" movement of the body that has a relaxed liquid energy. (A release from held muscular tension in the flow of movement).

**Round Movement:** Full body movement from the core that incorporates the use of the back either in contraction or extension to create a rounded three-dimensional shape.

**Symmetrical Movement:** Visually identical movements on both sides of the body.

**Swinging:** A movement with two parts: *Suspension* and *Release* (*Suspension*: weightlessness at the top of a swinging motion) (*Release*: the body releasing into gravity causing a drop of movement) Ex: Pendulum (An individual or a group of individuals can demonstrate swinging).

## **REFERENCES**

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