Choreographic Design and Process of Dance

What About Me?
Senior Choreographic Project

Choreographer: Kathleen Higgins
Academic Advisor: Stan Bobo
Composer: Imopen Heap
Dancers: Chelsea Dowden, Karess Grant, Kathleen Higgins, Casey Seifert, Lauren Spain, Katie Madsen (dance double)

“Nothing is more revealing than movement.”
Martha Graham

When I began the choreographic process, I was inspired by all of the emotions one might feel at a dance audition. However, with much thought and manipulation of my original movement, I realized that the body image a dancer has of herself, and the body image for which she is continuously striving, was the underlying message that I wanted my choreography to communicate.

Elements of Choreography

I focused on movements that:

- Incorporated levels within the space
- Abstracted form and expressed dynamics
- Expressed confidence
- Revealed vulnerability

Using these two contrasting emotions as inspiration helped me create movement that communicates how many women feel when their bodies or abilities are exposed.

Music and Costuming

Two pieces of music with contrasting rhythms:

1st piece of music
- Quirky
- Loud
- Anxious
- Works in juxtaposition with the 1st phrase of the dance

2nd piece of music
- Lyrical
- Brisk
- Strengthens the movement in the 2nd section of the dance

My final choreography expresses the idea that although a dancer might look confident when dancing, she may still be consumed with thoughts of insecurity related to being judged on her appearance and imperfections.

The purpose of the costumes is to support the dance without being a distraction. Basic leotards and tights are worn to reveal the body and highlight its natural lines.