

# 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:



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:



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.

