

# Raison D'être

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## Background Information on the Choreography

The subject for this project was on the different rhythms and beats of the heart. Some elements seniors are required looked at for research are; sounds, rhythms, colors, pathways, sizes, shapes. Seniors are instructed to find as much detail as possible. There were three extreme arrhythmias that stood out the most, bradycardia, tachycardia, and heart murmurs. Bradycardia is slower than the average heartbeat, tachycardia is a heart rate over one hundred beats per minute, and heart murmurs are still classified as arrhythmias, but they are more related with excess blood flow instead of beats per minute. Heart murmurs create a whooshing sound and an irregular blood flow. The cast for this piece consisted of five dancers. Each dancer was given a different element to embody throughout the dance. During the performance, a few dancers were choreographed sporadically to showcase bradycardia, tachycardia, and heart murmurs. They would move slow, fast, and sometimes randomly to express those three arrhythmias. Also incorporated in the piece, was a resting heartbeat with sound. Dancers were instructed to stomp or hit the ground with their feet and hands to maintain the steady heartbeat. Along with the physical heartbeat created, the music itself kept a steady heartbeat that the audience could hear. The dancers used the heartbeat to keep in time and stay together, even when one or two dancers were moving faster than the others. The dancer's costumes represented the colors chosen to show images of the heart, observed from medical pictures. The transitions were inspired by the way the blood flows through the body to the heart and to the lungs. The dancers would travel through each other on the floor, like the way blood travels. Even electrocardiograms helped shape and form transitions and dynamics of the piece. Their designs added dynamics and texture to the piece. Every movement and detail, throughout the dance, referred back to the original research. Many hours of hard work and planning went into this project to create a personal raison d'être, meaning, reason for existence.

## Research

### **Tachycardia:** Fast Heart Rate

- Depends on age and physical condition. For adults, it is a heart rate that is 100 or more beats per minute (BPM).

### **Bradycardia:** Slow Heart Rate

- Heart rate is slower than 60 beats per minute, (BPM).

### **Heart Murmurs:**

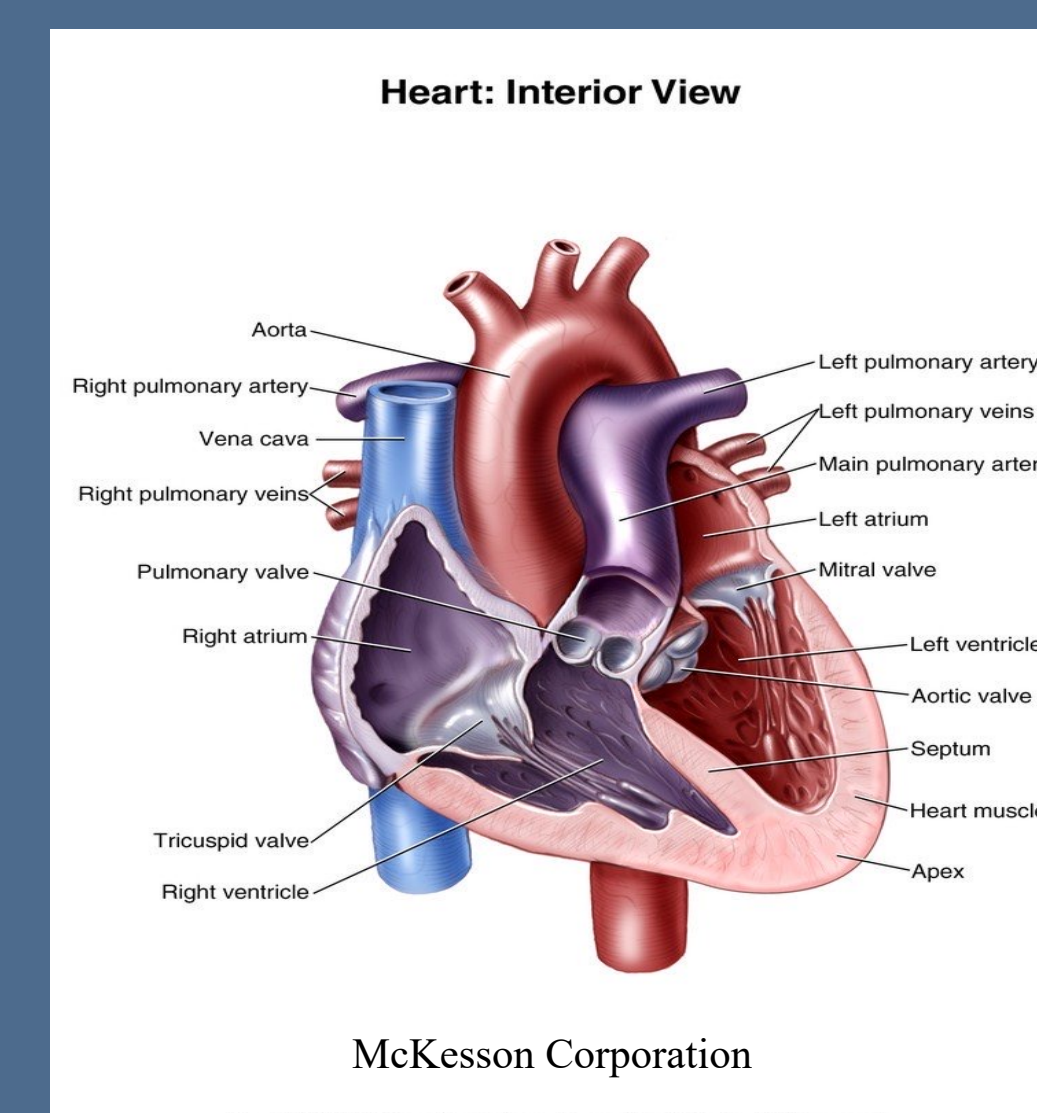
- **Innocent murmurs:**
  - Sounds made by blood circulating through the hearts chambers and valves. These are most common in children.
- **Non-innocent murmur or Abnormal murmur:**
  - Caused by defected heart valves. Some create regurgitation, which has the blood leak back through the valve because the valve doesn't close all the way.
- **Systolic murmurs:**
  - These are measured in grades by loudness. Grade 1 is the softest, while grade 6 is the loudest a murmur can be.

### **Electrocardiogram (ECG, EKG):**

- A test that is administrated to measure the electrical activity of the heart. Electrical impulses are measured in "waves". ECG will also acknowledge the timing of the upper and lower chambers.

### **Circulatory system:**

- Blood circulates throughout the body and carries nutrients and oxygen to the heart and body.



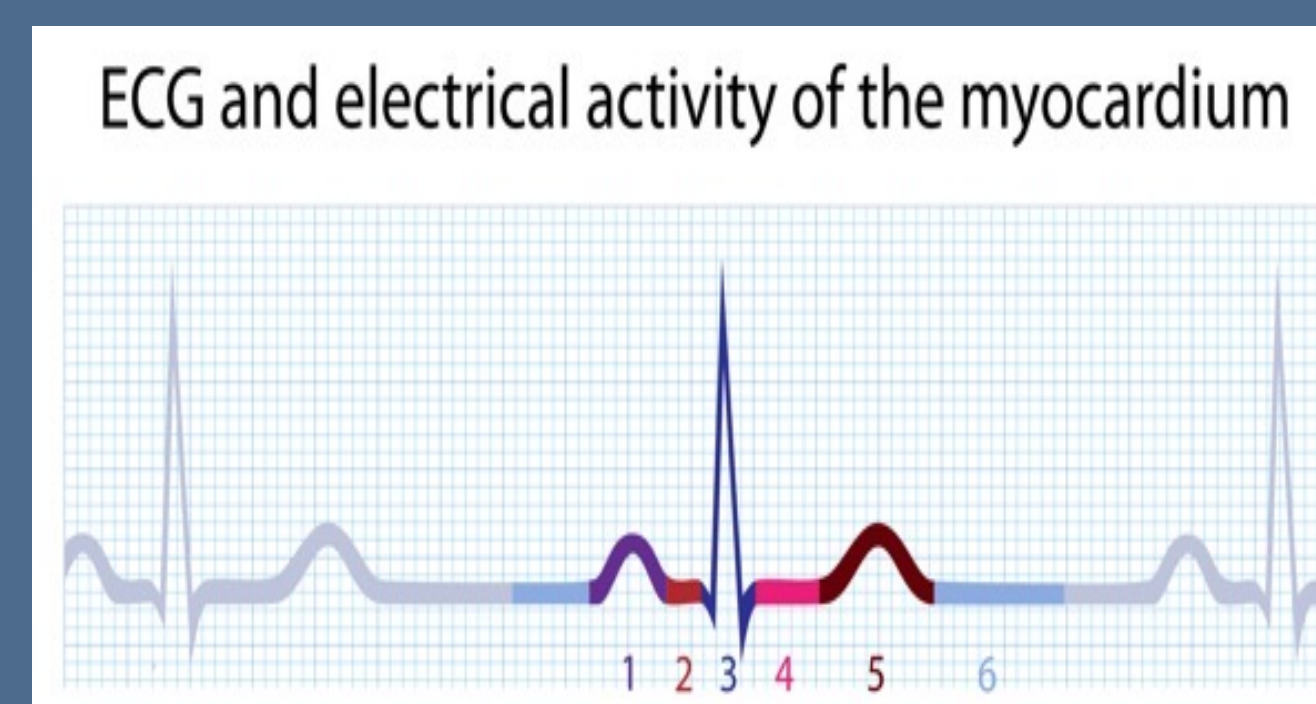
Raison D'être by Kenzi Payne

Photographed by Hardy Meredith



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Practical Clinical Skills

## The Characteristics

This will be the discussion of how the research was used to create a dance.

### **Starting with dynamics**

- **Dynamics:** fast, slow, smooth, rough/sharp, staccato, legato, etc.
- Tachycardia and Bradycardia were inspiration for fast and slow movement.

### **Sound:**

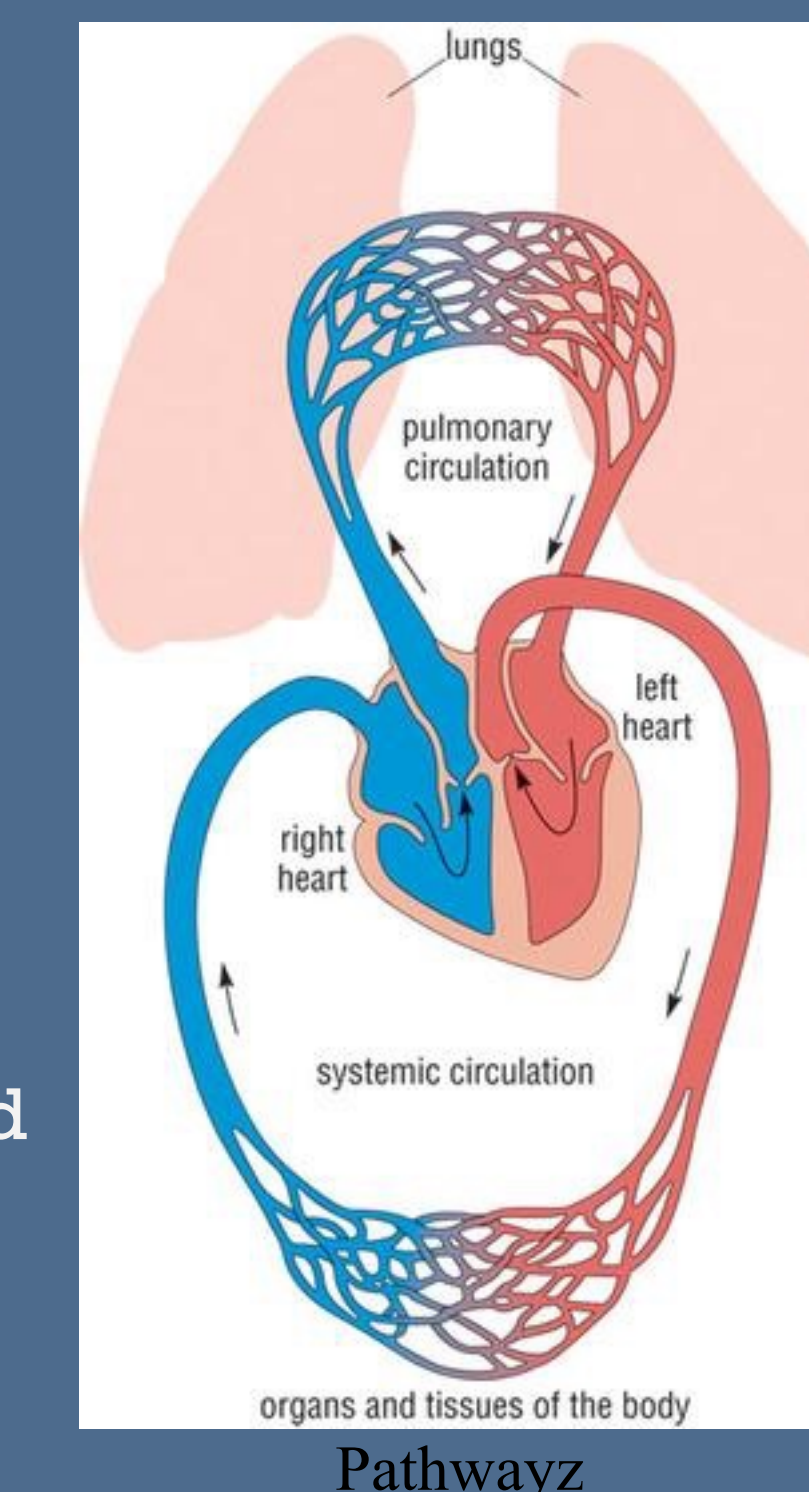
- The song used was "Two Men in Love" by The Irrepressibles.
  - It was edited by Kenzi Payne.
  - The heartbeat in the background of the song was also a great inspiration for the piece.
- **Heart murmurs** inspired physical sound created by the dancers.
  - They hit the ground with their feet or hands.

### **Pathways/Transitions:**

- These are how the dancers move between each movement phrase and traveling between each formation.
- Electrocardiogram and the Circulatory System helped create floor pathways for the piece.

### **Costuming and Lighting:**

- Each were symbolisms of blood and the hearts anatomy. Also, the colors of medical depictions of the heart.



## Choreography

QR Code for Poster



SCAN ME

**Raison D'être:** The most important reason or purpose for someone's existence

This piece is very personal to me. I have had a heart murmur in my sub-aortic valve my whole life. So bringing awareness to these arrhythmias, has been an honor.

I would like to thank my dancers for being phenomenal, my professors for giving me this opportunity, and my friends and family for being my strong support system.

QR Code for performance



SCAN ME

## References

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