

Jan 6, 3pm

- sensualization of dancing → after butohi colonization it became stripped of it...
- TAWAIF - google it
- Aotashi's energy of dancing

↑ infinite energy

horizontal
energy for communication
with people

- Music for performance: Nikki Welsh
- #JeSuis → the music with purpose
- Meditation, silence helps with feeling subtle changes in the body
↳ a shift in balance
- applying a direction to consciousness of body → shifting energy
- if you can visualize a sense of electricity, energy, we can experience it



DANCE

~ they did the katak for us & the improvement from last time is huge

Footwork

→ ta-ki-to-ta-ki-to-ta

- ~ mainly movement w/ their feet with minor upper body disco
- dancers seem a bit nervous doing it.


movement with their arms is this practice?

↳ seem like improvisation
↳ what is the purpose of this movement?

- ↳ they start small & then develop it.
- ↳ they aren't all doing the same thing.

- Aakash intervenes often & shows them a new possible variation.

LOOKS SO FUN !!

- some funky walking (back leaned)
- the girls are so much better at this, the guys seem more stiff
- they've been doing the same  for 30 min now. What is this for?
- guys are really not doing this well
- they're progressing to some funky floor stuff. Aakash takes what the dancers come up with

meditation dancing break