

365 Dance: September

Words documented in September 2014 by Jill Randall

Date	Word(s)	Inspiration
September 1	rediscover	How and when do you keep rediscovering your love and passion for dance?
September 2	parse out	New projects, new classes.....work on a bit each day? The whole thing feels overwhelming.
September 3	direct/directly	Mo Miner; efficiently going from one movement to the next
September 4	connect	Graduate school Dance is not a solo endeavor. What real-time, in-person experiences do you have with colleagues? Why is this important to you?
September 5	reflect	What was your dance week like? Moments of inspiration? Artmaking? Collegiality?
September 6	revisit	Coming back to an idea, project
September 7	craft	The verb. To develop an idea, shape, edit, consider.
September 8	restart	Can we pick up where we left off?

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September 9	swirl	Another word that leads to a different quality, instead of just saying "spin."
September 10	unravel	Class with teens..... Great descriptor that got to the intended movement
September 11	possibility	"I dwell in possibility." – Emily Dickson
September 12	multitask	How many dance hats today?
September 13	opportunity	What are your creative opportunities right now – as a performer, teacher, choreographer? What is an opportunity for growth?
September 14	work	Randee Paufve; "What are you working on?" Am I here in class to work, or just do what I have been doing year after year and class after class?
September 15	plié	For Rebecca on her birthday – bend, drop, soften
September 16	circle/spiral/figure 8	Randee Paufve

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September 17	expansive	Mo Miner; moving breathing space spacious
September 18	free	Dance History Grad Seminar/Sondra Fraleigh reading When are you free, in relation to dancing, dancemaking, performing?
September 19	make space	Elizebeth Randall Space in the joints....space to explore....
September 20	soft focus	Elizebeth Randall See....be receptive.....
September 21	slice	Elizebeth Randall Thinking of slicing in a new way....not just arms Legs slicing through the air
September 22	sink	My own classes (middle schoolers) Lowering – low, lower, lowest
September 23	flow	Workshop I led at UC Berkeley in an English course Connecting movements, ideas

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September 24	maintain/develop/rebuild	What is the purpose of classes and cross-training in your life right now?
September 25	watch	Randee Paufve's rehearsal Last time you watched yourself on video....exploring how it felt versus looked.
September 26	drop	Drop shoulders, a few pounds, focus down into the body
September 27	remember/re-embody	Rehearsal with Randee Paufve Revisiting an older piece of choreography. Finding it again – the qualities, focus, intention.
September 28	gather	A gesture....gathering space
September 29	back body	Awareness, sensing
September 30	vibrant	