

365 Dance: October

Words documented in October 2014 by Jill Randall

Date	Word(s)	Inspiration
October 1	variety	
October 2	Follow your....	Mo Miner
October 3	pivot/swivel	
October 4	efficient/efficiency	Elizebeth Randall
October 5	Move away from... Move towards....	Randee Paufve; thinking about the space you are dancing in
October 6	Push off...	Randee Paufve; feet! Grounded....using the floor
October 7	swing	
October 8	diagonal	Exploring with my teenage students
October 9	shoulder blades	
October 10	group think	

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October 11	“spaciousness + possibilities”	Elizebeth Randall
October 12	purpose (of a dance class)	
October 13	trade-offs	
October 14	unison	the power of moving TOGETHER
October 15	undercurve	pelvis moving; down + up
October 16	“creative practice”	
October 17	share	showing your work inspiring discussion conversation
October 18	sway	
October 19	lean	

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October 20	self-care	
October 21	my movement practice/my dance practice	
October 22	“still dancing”	
October 23	keep/stop/start	
October 24	open the back of your heart	Sandra Chinn
October 25	“What’s your creative challenge right now?”	
October 26	stack	
October 27	discipline	
October 28	believe	What do you believe in with dance? Why? Why now?
October 29	broad	
October 30	breath in the torso	

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October 31	soft + easeful	
