

365 Dance: August

Words documented in August 2014 and August 2015 by Jill Randall

<u>Date</u>	<u>Words</u>	<u>Inspiration</u>
August 1	fixed mindset/growth mindset	Carol Dweck
August 2	follow through	
August 3	“How can teaching be beautiful?”	Elizebeth Randall
August 4	creative partnerships	
August 5	elongate	Elizebeth Randall
August 6	in due time	
August 7	loop	Mo Miner
August 8	rest	
August 9	“practicing our alignment”	Rachelle Feldman
August 10	spoke	Mo Miner in to out... bent to straight...
August 11	fold	Nina Haft consider the word pair of lengthen/fold; soften (not collapse)

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August 12	low level	Tammy Cheney As Tammy said in class, "How can you find the highs and lows in the phrase?"
August 13	release	Nina Haft <i>In my 17+ years as a professional dancer, the word "release" has been thrown around a lot. Today was the first day where it meant something to me. Something clicked. I was in Nina's class. She was talking about the main combination. She asked us to look at the whole phrase. Where can we release? What can we release? Are we releasing tension, an idea? Can we release out into the room?</i>
August 14	feel	Doug Nielsen "Don't memorize. Feel."
August 15	big/full/easy	Mo Miner
August 16	gesture	Paufve Dance performance at ODC. What is the dance of the hands? What is the expressiveness, and specificity?
August 17	launch	Nina Haft "How can you travel and take space?"

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August 18	see	Randee Paufve and Nina Haft see and be seen; see and be here in the room
August 19	embrace	my son Will on his 9th birthday; to really hold; sincere
<i>I was thinking about partnering today. I feel like I have really learned what it means to hold, lift, and embrace by raising my 2 children.</i>		
August 20	arrive	Mo Miner Have I arrived? Am I fully in my body? How to arrive in a phrase.
August 21	soften	Sandra Chinn Soften the back of the heart
August 22	expand	Extend, lengthen, branch out
August 23	connect	Touch, see, acknowledge; presence

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August 24	stability	Rachelle Feldman's ballet class; strength, center, grounding
August 25	stand	Connection to the floor; lengthening <u>up</u> ; long
August 26	ground	Which classes, somatic practices, cross-training activities ground you? How, and why?
August 27	find	Mo Miner; Randee Paufve
August 28	envision	Dreaming up dances, projects, events....dance possibilities
August 29	bend	Class with teens Folding, creasing, warming up

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August 30	telescope	Nina Haft Extending, expanding, outward
August 31	straight up/straight down	Rachelle Feldman's ballet barre

*The 365 Dance Project began on August 10, 2014 and concluded on August 9, 2015. Thus, the words for August include words and experiences from two different years.