

Preface	p. vii
Featured Artists and Works: Alonzo King	p. xi
Featured Artists and Works: Dwight Rhoden	p. xiii
How to Use the DVD	p. xv
Dance Composition Basics DVD Menu	p. xvii
Acknowledgments	p. xix
The Body: Exploring the Ways We Move	p. 1
Impulse: Origins of Movement	p. 3
Phrase: Linking Movements	p. 8
Gesture: Personal Vocabulary of Movement	p. 13
Shape: Body Design	p. 19
Problem Solving: Creating a Solo	p. 24
Space: Exploring the Expanse We Move In	p. 29
Air and Floor Pathways: Mapping the Route	p. 31
Diagonals: From Corner to Corner	p. 38
Symmetry: Balancing Shapes	p. 45
Positive and Negative Space: Sharing a Shape	p. 52
Balance: Supporting Each Other	p. 57
Imitation: Reflecting Each Other	p. 63
Problem Solving: Creating a Duet	p. 69
Time: Exploring Tempo	p. 75
Slow Motion: Dancing in Reverie	p. 77
Speed: Learning to Dance Quickly	p. 82
Pacing: Combining Different Pulses	p. 87
Accelerating: How Fast Can It Go?	p. 93
Problem Solving: Creating a Trio	p. 97
Energy: Force Generating Movement	p. 101
Inertia: Readiness to Move	p. 103
Opposites: Contrasting Energies	p. 107
Dynamics: Qualities of Movement	p. 112
Intensity: Increasing and Decreasing Force	p. 116
Problem Solving: Creating a Small-Group Composition	p. 121
Choreographic Devices: Creating Finished Compositions	p. 125
Call and Response: Antiphonal Movement	p. 127
Canon: Dancing in Unison a Few Counts Apart	p. 130
Directional Mirroring: Parallel Reflecting and Reverse Reflecting	p. 134
Variation: Interweaving and Varying Patterns	p. 138
Problem Solving: Creating a Movement Suite	p. 145
Glossary	p. 151
Bibliography	p. 157

Index	p. 159
About the Author	p. 163

Table of Contents provided by Blackwell's Book Services and R.R. Bowker. Used with permission.