

Checklists for Dancers

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Step

How to step
When to step
Where to step
Connection
Communication
Symmetry

Was that a step? (Was weight shifted exactly one time from one foot to the other?)

Was that step normal? (i.e. in place, forward, backward, or to the side)

Am I stepping at the appropriate time as indicated by the cadence and the music?

Open Frame

Hand connection gentle and flexible.
Extended arms flexibly firm and either horizontal or angled downward.
Elbows at side or slightly forward.
Torsos parallel when closed and symmetric during variations.

Closed Frame

Hand connection gentle and flexible.
Extended arms flexibly firm and do not drift to and fro.
Consistent pressure on curl.
Torsos offset and parallel when closed and symmetric during variations.
Cooperatively return "home" after underarm turn.

Symmetry

Was the plane of symmetry clear?
Did we maintain symmetry appropriately?

Connection

Are my arms in an appropriate orientation?
Are my hands in an appropriate position?
Am I maintaining appropriate firmness and flexibility?
Am I contributing to symmetry?

Cadence

Was the beginning cadence clear?
Did we maintain cadence throughout?
Was change in cadence clear?

Lead/Follow

Am I feeling gentle pressure at the appropriate time and at the appropriate places?
Am I initiating/responding in an appropriate and timely manner?

Variations

Outside partner
Break - open and closed
Twinkle - left and right

Turns

Were they communicated properly?
Did we remain in position?
Were arms properly oriented?

Innovations

What are the options for our first step?
With first step taken, what are the options for the second step?
With second step taken, what are the options for the third step?
What orientations/juxtapositions might we make as we shift weight?
Which of these options seem practical and potentially comfortable?

Don'ts

Flap arms
Extend arms
Straighten elbows
Grip or pinch
Step diagonally
Drift away

Zoology

Birds
Spiders
Lobsters