



Diana Wortham Theatre

Dance Performance Guide

Dance is an art form and a means of expressing oneself, whether that is an expression of an emotion, an inspiration or a story. A dance is created through putting together certain movements in a thoughtful way.

Forming Your Own Opinion

Art is relative and constantly open to interpretation. Even though a choreographer (the person who creates the dance piece) often tries to tell a story or make a point, the viewer is entitled to their own reactions and feelings about a dance piece. They may be different from your friend sitting next to you and that is OK!

Things to think about while watching a dance performance:

- Notice the title of each dance. This is the choreographer's first line of communication with the audience.
- Examine the way the dancers move. What do you notice?
- What do their costumes say to you?
- What specific movements stood-out? Were they sharp or soft?
- Did the way the dancers move change a lot? Or did it seem to stay on the same level?
- How does the way the dancers move make you feel?
- How did the dancers use the stage?
- If there is more than one dancer on stage, how do they interact?
- How does the way the dancers interact tell you what they feel about each other?
- Does the dance seem to be telling a story/or send a message? If so, can you figure out what it is?
- Do you think the choreographer successfully communicated his or her story or message?
- What was the music like? How did it make you feel?
- Did the music help communicate any sort of message?
- What about the lighting? Did it change? Or was it constant?

If possible, before attending a dance performance, research the company. What is their style? What are they known for? Is there something special they do that not many other companies do? Often, you can find this in the press section of their website, or in reviews of their performances, or even in the section "About the Company". Enjoy the show!