



OPDI 124: Movement Behavior Analysis – Observing Behavioral Differences in Dance Performance
Paula Johnson
Module Six, Part Two
Reflection Paper: Exploration #4: Experience Combinations of Extremes in Space, Time, and Force
March 9, 2023

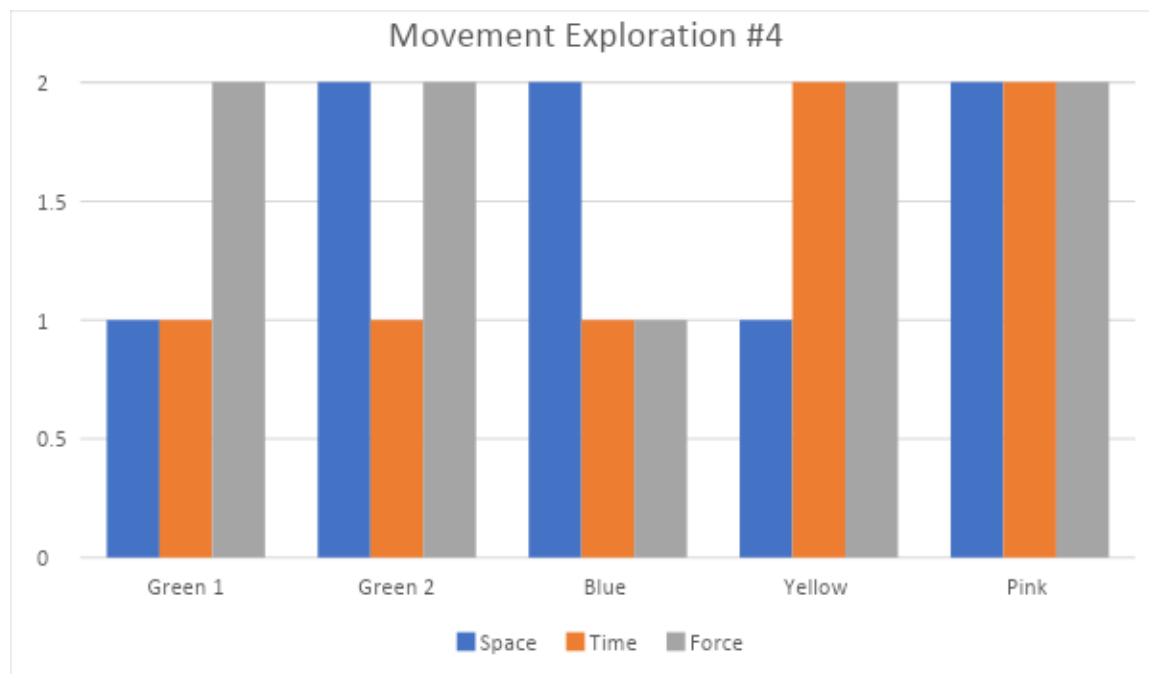
I found movement exploration #4, working through the different combinations of space, time, and force, extremely enjoyable. I look forward to re-visiting all of the movement explorations, myself and with students. It would be interesting for them to discover their own movement behavior profiles.

In particular, I found it most challenging when trying to use a weak force with fast movements. In order to move fast, you need to use strength. It is hard to separate the two. I had to continually remind myself to stay relaxed and loose.

I had an affinity for all movement combinations that had a strong force. The only one I highlighted that had a weak force was combined with large and slow.

After reading your feedback on the last reflection paper, I agree that I am, “a burst undulate with a better sense of restrained than sustained.” Thank-you for the feedback on my movement behavior.

Video of Movement Exploration #4: Space, Time, Force: <https://vimeo.com/806555841>



SPACE	TIME	FORCE
-------	------	-------



OPDI 124: Movement Behavior Analysis – Observing Behavioral Differences in Dance Performance

Paula Johnson

Module Six, Part Two

Reflection Paper: Exploration #4: Experience Combinations of Extremes in Space, Time, and Force

March 9, 2023

Small 1	Slow 1	Weak 1
Large 2	Fast 2	Strong 2

Favorite	Second Favorite	Third Favorite	Fourth Favorite
Green	Blue	Yellow	Pink

1. Large Fast Strong (Smashing Pumpkins: Bullet with Butterfly Wings)

- Out of breath
- Hard to move big in body movements and take up space on the stage
- Moving quickly in all my shapes and body movements is difficult to do big.
- Tried to use a lot of force and punching movements came out.
- Trying to forcefully use levels was hard - going down and up.
- This did not feel beautiful
- This felt angry and exhausting

2. Large Fast Weak (Smashing Pumpkins: Bullet with Butterfly Wings)

- This was difficult. I started on the spot using big movements in the space I was in.
- Trying not to be forceful and fast
- Forceful and fast more naturally align.
- I had to force myself to be weak but that made my feet not go fast.
- I noticed I was going too slow - I told myself to quick feet but then had to remind myself to do that weakly. Which was awkward
- When I watch the video of this, I know I could be weaker. I found it difficult to be loose and weak, especially with fast.

3. Small Slow Strong (Smashing Pumpkins: Disarm)

- I really liked small slow and strong.
- I started low to take up less space. I had to restart because I started to go fast right away.. Or medium.
- Maybe that means I will like small fast and strong.
- The force came from the tension in the muscles and the movements
-



OPDI 124: Movement Behavior Analysis – Observing Behavioral Differences in Dance Performance

Paula Johnson

Module Six, Part Two

Reflection Paper: Exploration #4: Experience Combinations of Extremes in Space, Time, and Force

March 9, 2023

- I had to remind myself to go slow. I am using music so sometimes that naturally effects my tempo - but it is more enjoyable with music.. So I will just keep reminding myself of the speed and to ignore when I have to the builds in the songs.
- My movements were in towards the body and never fully extended.
- I played with gestures and eye line as well which was enjoyable.

4. **Small Fast Weak (Jane's Addiction: Been Caught Stealing)**

- I started low and had to remind myself to go weak.
- This felt really relaxed by hard to keep small
- To keep small I played with shoulders, hands, and head again.
- I got up and tried making my feet and legs small movements but that was more difficult to keep small. Maybe if I was laying down or in a ball and not standing.
- Weak is difficult. We are so used to moving with force - stronger force.
- I had to remind myself to keep it loose.

5. **Large Slow Strong (Bon Iver: Holocene)**

- I like large slow and strong.
- I had to remind myself to go slow - again music - and then pulling myself back.
- Strong force came from the tension in the muscles again - going low to the floor and coming back up with muscular tension
- Also force came from large, round movements - filling in as much space as a I could - I guess that means that going large also helps make tension if you are trying to do slow and controlled.
- I like moving like this. I could have danced the whole song.

6. **Large Slow Weak (Bon Iver: Hey Ma)**

- This was difficult to keep consistently slow
- This was difficult to keep weak
- Both I had to remind myself of.
- I had fun moving this way - even though it was a challenge, it was enjoyable
- I challenged myself halfway through to try and go slower - asking myself - how slow is slow? Is this slow?

7. **Small Fast Strong (Nirvana: Lithium)**



OPDI 124: Movement Behavior Analysis – Observing Behavioral Differences in Dance Performance

Paula Johnson

Module Six, Part Two

Reflection Paper: Exploration #4: Experience Combinations of Extremes in Space, Time, and Force

March 9, 2023

- This one makes me feel like a crazy person - which I kind of like... sometimes. Gets a yellow.
- I just didn't want to stay small.
- But -small was less tiring than Large fast strong which was exhausting.. But now that I look back on it more free - making it more fun. Maybe that should get a yellow too? Maybe that gets fourth place? Pink - good for short period of time.

8. Small Slow Weak (Smashing Pumpkins: 1979)

- This isn't even fourth place. This is sleep dancing.
- This is no fun - too hard - maybe ok if you are really sleepy and waking up - beginning of a warm-up or end of a cool down. Definitely not now... when I just want to dance and be free.
- Small - low to the ground - moves are in towards and not extending all the way
- Not moving in space too much
- Slow - is hard - what is slow - reminding always to go slower
- Weak - weak is hard to be consistent with too - had to keep reminding to stay loose.

Enjoyable exercise. 40 minutes with pausing to reflect and write.