



OPDI 124: Movement Behavior Analysis – Observing Behavioral Differences in
Dance Performance
Paula Johnson
Module Nine Part Two
Reflection Paper: MBA/P of Multiple Dancers from Video, #2
March 24, 2023

Johnson Module 9

8 pts assigned

Paula – you may have been inspired by “reading the module 8 assignments of my colleagues” but you’ve made it your own. Its very detailed, you support your conclusions with clear rationales, you even include specific frames from the video to support your findings, and you organize its presentation very well.

After reading the module 8 assignments of my colleagues, I noticed that some of them had used time markers to break down the movements. I had a strong affinity for this and after reading their work, I could see more clearly the ideas they had observed. I decided to break down the movement sequence into smaller chunks and use a table to organize my observations. This took longer than I had anticipated and I may have been too detailed, but I definitely know this dance now and the song/words/instructor’s voice.

As we were observing the same dancers from module 8, I came up with similar observations. Dancer A is less confident in her movements than Dancer B, even though Dancer B makes an error. Dancer B is quick to recover from her little mistake but it does increase her speed at that point to catch up to the instructor’s voice.

I did add comparisons into my table as I was looking at the movement sequences in smaller chunks. I also screen shot some of the moments where I had paused the video and there were clear disparities between the two dancers.

When observing each dancer individually, (and I really forced myself not to look at the other dancer or compare during initial observations), each dancer appeared to be in adequate time with the instructor’s voice. However, when comparing the two, Dancer A is ahead in time of Dancer B. This is really clear in some of the screen shots.

MBA/P Analysis of a Single Video Subject
MBA/P: 5 Point Observation Scale
Individual

Observation of: Dancer A Left in red
Date/Time/Place: https://www.youtube.com/watch?v=vrZAmu6L_kc
Time stamp: 3:09 – 4:20



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Setting: March 24, 2023
Small dance space, curtain in the back, yellow squares on the floor, some with red Xs in them.

Description of the tasks: Kathack Dance of Lucknow Gharana: The dancers complete arm gestures, pivot to change spatial orientation, and come to a rest after each exercise. They work within a limited environmental space, and their patterns are meant to 'match' in space, time, and force as closely as is possible. The movement patterns are introduced verbally and rhythmically by the instructor. Patterns are then demonstrated by the two students.

Scale, 5 – Point 1 2 3 4 5: (1) Very Small/Slow/weak, (2) Small/Slow/Weak (3) Adequate, (4) Large/Fast/Strong (5) Very Large/Fast/Strong

Space: V.Small Small Ade Large V.Large
Time: V.Slow Slow Ade Fast V.Fast
Force: V.Weak Weak Ade Strong V.Strong

Personal Space:

Time Stamp	Movement description	Quantifiable Data	Descriptive/Qualitative Data for 5-Point MBA/P	NEP
3:12 – 3:19	Feet stepping on the spot: R, L, R, L, L, R, L, R. Arms: Elbows bent and out to sides from shoulder, hands at chest with thumb and first finger together, other fingers straight (I will call this centre resting position).	Adequate	Stepping happens on the spot and feet move up and down.	Sustained: Constant
3:19 – 3:21	Arms extend to the back diagonal and front diagonal and repeat: back, front, back, front. Head follows extending hand.	Small	Arms do not fully extend to the back or the front diagonal. Movement is not confident. The head does not move as far as it could to the back or to the front diagonal. Similar to the arms. It goes there but it could go farther.	Sustained & Burst
3:21 – 3:23	Rise in center. Arms: Center resting position. Hands lift	adequate	Her rise in the center is adequate for the movement and timing of the exercise. Right arm extends	Sustained: Flow, float



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	with the rise. One turn.		out to the audience at the start of the turn.	
3:23 – 3:28	Repeat arms: back, front, back, front, rise, turn.	adequate	Arms extend more confidently and sufficiently during the repetition of this arm sequence.	Sustained & Burst
3:28 – 3:32	Feet stepping on the spot: R, L, R, L/L, R, L, R/R, L, R, L/L, R, L, R Arms: R arm extends to the sky and back to centre resting position, L arm extends to the sky and back to centre resting position. Head and eyeline: Follows working arm.	adequate	Arms extend to the sky. The feet do not lift up high. She moves forward past the line on the floor and back to center.	Restrained feet & Undulate arms
3:32 – 3:39	Three turns with small steps to the rhythm. Arms: Right arm extends to audience and returns to centre resting position at the start of the turn. Left arm ends the turn with a down extension and scoop back to centre. Arms change at the end of the last turn with a right, low diagonal extension, high, left diagonal extension, and back to low, right diagonal extension.	small	Her arms do not extend fully. Could this be because of the speed of the exercise?	Restrained feet & Undulate arms
3:38 – 3:47	Feet stepping on the spot: R, L, R, L, Rise center, turning R, L, R. Arms: Back, right	Small Adequate	Arms are small. She could be taking more space up through the extensions. Rise in center is adequate.	Sustained & Burst



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	diagonal, front, left diagonal, back, front, center resting position with rise. Head and eyeline: follow the extending arm.			
3:47 – 3:51	Feet stepping on the spot: R, L, R, L/L, R, L, R/R, L, R, L/L, R, L, R Arms: R arm extends to the sky and back to centre resting position, L arm extends to the sky and back to centre resting position. Head and eyeline: Follows working arm.	adequate		Restrained feet & Undulate arms
3:51 – 3:58	Three turns with small steps to the rhythm. Arms: Right arm extends to audience and returns to centre resting position at the start of the turn. Left arm ends the turn with a down extension and scoop back to centre. Arms change at the end of the last turn with a right, low diagonal extension, high, left diagonal extension, and back to low, right diagonal extension.	adequate	Elbows are dropping.	Restrained feet & Undulate arms
3:58 – 4:06	Feet stepping on the spot: R, L, R, L, Rise	small	The first back arm did not extend fully.	Sustained & Burst



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	center, turning R, L, R. Arms: Back, right diagonal, front, left diagonal, back, front, center resting position with rise. Head and eyeline: follow the extending arm.		First rise is low	
4:06 – 4:10	Feet stepping on the spot: R, L, R, L/L, R, L, R/R, L, R, L/L, R, L, R Arms: R arm extends to the sky and back to centre resting position, L arm extends to the sky and back to centre resting position. Head and eyeline: Follows working arm.	adequate	Arms extending above her head are adequate in personal space. Head and eyes follow the hands. Feet step but move off her center to the front line of her box on the floor.	Restrained feet & Undulate arms
4:10 – 4:20	Three turns with small steps to the rhythm. Arms: Right arm extends to audience and returns to centre resting position at the start of the turn. Left arm ends the turn with a down extension and scoop back to centre. Arms change at the end of the last turn with a right, low diagonal extension, high, left diagonal extension, and back to low, right diagonal extension.	Small	Elbows are not being held lower than shoulder height. Extension of arm movements are not fully extended.	Restrained feet & Undulate arms



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Environmental Space:

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3:12 – 3:19	Feet stepping on the spot: R, L, R, L, L, R, L, R. Arms: Elbows bent and out to sides from shoulder, hands at chest with thumb and first finger together, other fingers straight (I will call this centre resting position).	small	Stays on one spot in the center. Arms extend out into space but not fully. Head follows hands.
3:19 – 3:21	Arms extend to the back diagonal and front diagonal and repeat: back, front, back, front. Head follows extending hand.	Small	Takes up a very small amount of environmental space.
3:21 – 3:23	Rise in center. Arms: Center resting position. Hands lift with the rise. One turn.	small	The level of her head moves up slightly, a small amount, when she does her rise.
3:23 – 3:28	Repeat arms: back, front, back, front, rise, turn.	small	
3:28 – 3:32	Feet stepping on the spot: R, L, R, L/L, R, L, R/R, L, R, L/L, R, L, R Arms: R arm extends to the sky and back to centre resting position, L arm extends to the sky and back to centre resting position. Head and eyeline: Follows working arm.	adequate	She moves forward past the line on the floor and back to center.
3:32 – 3:39	Three turns with small steps to the rhythm. Arms: Right arm extends to audience and returns to centre resting position at the start of the turn. Left arm ends the turn with a down extension and scoop back to centre. Arms change at the end of the last turn with a right, low diagonal extension, high, left diagonal	adequate	



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	extension, and back to low, right diagonal extension.		
3:38 – 3:47	Feet stepping on the spot: R, L, R, L, Rise center, turning R, L, R. Arms: Back, right diagonal, front, left diagonal, back, front, center resting position with rise. Head and eyeline: follow the extending arm.	Small	
3:47 – 3:51	Feet stepping on the spot: R, L, R, L/L, R, L, R/R, L, R, L/L, R, L, R Arms: R arm extends to the sky and back to centre resting position, L arm extends to the sky and back to centre resting position. Head and eyeline: Follows working arm.	Adequate	
3:51 – 3:58	Three turns with small steps to the rhythm. Arms: Right arm extends to audience and returns to centre resting position at the start of the turn. Left arm ends the turn with a down extension and scoop back to centre. Arms change at the end of the last turn with a right, low diagonal extension, high, left diagonal extension, and back to low, right diagonal extension.	Adequate	
3:58 – 4:06	Feet stepping on the spot: R, L, R, L, Rise center, turning R, L, R. Arms: Back, right diagonal, front, left diagonal, back, front, center resting position with rise. Head and eyeline: follow the extending arm.	Adequate	
4:06 – 4:10	Feet stepping on the spot: R, L, R, L/L, R, L, R/R, L, R, L/L, R, L, R Arms: R arm extends to the sky and back to centre resting		Feet step but move off her center to the front line of her box on the floor.



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	position, L arm extends to the sky and back to centre resting position. Head and eyeline: Follows working arm.		
4:10 – 4:20	Three turns with small steps to the rhythm. Arms: Right arm extends to audience and returns to centre resting position at the start of the turn. Left arm ends the turn with a down extension and scoop back to centre. Arms change at the end of the last turn with a right, low diagonal extension, high, left diagonal extension, and back to low, right diagonal extension.	Adequate	

Time:

Time Stamp	Movement description	Quantifiable Data	Descriptive/Qualitative Data for 5-Point MBA/P
3:12 – 3:19	Feet stepping on the spot: R, L, R, L, L, R, L, R. Arms: Elbows bent and out to sides from shoulder, hands at chest with thumb and first finger together, other fingers straight (I will call this centre resting position).	Adequate	Her feet were stepping at the same speed as the teacher's calling out the rhythm/steps.
3:19 – 3:21	Arms extend to the back diagonal and front diagonal and repeat: back, front, back, front. Head follows extending hand.	Adequate	Right with the teacher's sounds.
3:21 – 3:23	Rise in center. Arms: Center resting position. Hands lift with the rise. One turn.	Adequate	<i>*C: She does not hold her arm out as long as the dancer B. Does that mean that dancer B is slower or that dancer A is faster?</i>
3:23 – 3:28	Repeat arms: back, front, back, front, rise, turn.	adequate	



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3:28 – 3:32	Feet stepping on the spot: R, L, R, L/L, R, L, R/R, L, R, L/L, R, L, R Arms: R arm extends to the sky and back to centre resting position, L arm extends to the sky and back to centre resting position. Head and eyeline: Follows working arm.	adequate	
3:32 – 3:39	Three turns with small steps to the rhythm. Arms: Right arm extends to audience and returns to centre resting position at the start of the turn. Left arm ends the turn with a down extension and scoop back to centre. Arms change at the end of the last turn with a right, low diagonal extension, high, left diagonal extension, and back to low, right diagonal extension.	adequate	<i>*C: Dancer A retracts her arm in more quickly than Dancer B. Dancer B has a moment of finality at the end of this section. She clearly holds her arm out in extension.</i>
3:38 – 3:47	Feet stepping on the spot: R, L, R, L, Rise center, turning R, L, R. Arms: Back, right diagonal, front, left diagonal, back, front, center resting position with rise. Head and eyeline: follow the extending arm.	adequate	
3:47 – 3:51	Feet stepping on the spot: R, L, R, L/L, R, L, R/R, L, R, L/L, R, L, R Arms: R arm extends to the sky and back to centre resting position, L arm extends to the sky and back to centre resting position. Head and eyeline: Follows working arm.	adequate	
3:51 – 3:58	Three turns with small steps to the rhythm. Arms: Right arm extends to audience and returns to centre resting position at the start of the turn. Left arm ends	adequate	



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	the turn with a down extension and scoop back to centre. Arms change at the end of the last turn with a right, low diagonal extension, high, left diagonal extension, and back to low, right diagonal extension.		
3:58 – 4:06	Feet stepping on the spot: R, L, R, L, Rise center, turning R, L, R. Arms: Back, right diagonal, front, left diagonal, back, front, center resting position with rise. Head and eyeline: follow the extending arm.	adequate	
4:06 – 4:10	Feet stepping on the spot: R, L, R, L/L, R, L, R/R, L, R, L/L, R, L, R. Arms: R arm extends to the sky and back to centre resting position, L arm extends to the sky and back to centre resting position. Head and eyeline: Follows working arm.	adequate	
4:10 – 4:20	Three turns with small steps to the rhythm. Arms: Right arm extends to audience and returns to centre resting position at the start of the turn. Left arm ends the turn with a down extension and scoop back to centre. Arms change at the end of the last turn with a right, low diagonal extension, high, left diagonal extension, and back to low, right diagonal extension.	adequate	

Force:

Time Stamp	Movement description	Quantifiable Data	Descriptive/Qualitative Data for 5-Point MBA/P
3:12 – 3:19	Feet stepping on the spot: R, L, R, L, L, R, L, R. Arms: Elbows bent	weak	Steps are soft and low. Arms do not show strength.



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	and out to sides from shoulder, hands at chest with thumb and first finger together, other fingers straight (I will call this centre resting position).		Head turns to follow extending arm but there is no power. Arms rest lightly below the shoulder line. There is no evidence of strength and power in the arm position.
3:19 – 3:21	Arms extend to the back diagonal and front diagonal and repeat: back, front, back, front. Head follows extending hand.	Weak	Arms look soft and without tension, strength, resistance.
3:21 – 3:23	Rise in center. Arms: Center resting position. Hands lift with the rise. One turn.	Adequate	Rise is adequate. She appears to enjoy this part of the sequence the most.
3:23 – 3:28	Repeat arms: back, front, back, front, rise, turn.	Weak Adequate	Arms are weak Rise is adequate
3:28 – 3:32	Feet stepping on the spot: R, L, R, L/L, R, L, R/R, L, R, L/L, R, L, R Arms: R arm extends to the sky and back to centre resting position, L arm extends to the sky and back to centre resting position. Head and eyeline: Follows working arm.	Adequate Weak	Arms extending above her head are adequate. Arms in to the diagonals at the end of the turn are weak. Foot stepping pattern is weak.
3:32 – 3:39	Three turns with small steps to the rhythm. Arms: Right arm extends to audience and returns to centre resting position at the start of the turn. Left arm ends the turn with a down extension and scoop back to centre. Arms change at the end of the last turn with a right, low diagonal extension, high, left diagonal extension, and back to low, right diagonal extension.	Weak	
3:38 – 3:47	Feet stepping on the spot: R, L, R, L, Rise center, turning R, L, R. Arms: Back, right diagonal, front,	Weak	Arms have no power. They are not controlled. There is no strength in the carriage.



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	left diagonal, back, front, center resting position with rise. Head and eyeline: follow the extending arm.		
3:47 – 3:51	Feet stepping on the spot: R, L, R, L/L, R, L, R/R, L, R, L/L, R, L, R Arms: R arm extends to the sky and back to centre resting position, L arm extends to the sky and back to centre resting position. Head and eyeline: Follows working arm.	Adequate Weak	
3:51 – 3:58	Three turns with small steps to the rhythm. Arms: Right arm extends to audience and returns to centre resting position at the start of the turn. Left arm ends the turn with a down extension and scoop back to centre. Arms change at the end of the last turn with a right, low diagonal extension, high, left diagonal extension, and back to low, right diagonal extension.	Adequate	<i>*C: Dancer B has her right foot up and ready to go for the next move. Is she ahead of the music or prepared for the next step? Anticipating the move? Interesting as Dancer B is the one who holds her arm out in finality at the end of a sequence while Dancer A retracts her early.</i>
3:58 – 4:06	Feet stepping on the spot: R, L, R, L, Rise center, turning R, L, R. Arms: Back, right diagonal, front, left diagonal, back, front, center resting position with rise. Head and eyeline: follow the extending arm.	Weak	Weak arms and rise this time.
4:06 – 4:10	Feet stepping on the spot: R, L, R, L/L, R, L, R/R, L, R, L/L, R, L, R Arms: R arm extends to the sky and back to centre resting position, L arm extends to the sky and back to centre resting position. Head and eyeline: Follows working arm.	Adequate	



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4:10 – 4:20	Three turns with small steps to the rhythm. Arms: Right arm extends to audience and returns to centre resting position at the start of the turn. Left arm ends the turn with a down extension and scoop back to centre. Arms change at the end of the last turn with a right, low diagonal extension, high, left diagonal extension, and back to low, right diagonal extension.	Weak	You can really see the arm line falling in the three turns with arm extensions. There is a weakness to the carriage of her upper body and arms.
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Patterns Used Most Often: Comments

Dancer A did not have strength in her carriage. Her arms were weak and often sagged down below the shoulder line. Her fingers were also not held with strength and looked soft and relaxed. The feet stepping patterns were there but not clearly executed with a strong force. Everything was there, but it looked loose and less clear because of the lack of strength and control/resistance in the movements of all body parts: head, arms, feet, and carriage of the body.

What overall patterns do you observe?

Space: Small

Time: Fast

Force: Weak

Patterns Used Least Often: Comments

Dancer A did not move to full extensions with most of her movements. She never took up a large amount of space. She did not move slower than the music/instructor's voice. Her movements did not show strength.

Space: Large

Time: Slow

Force: Strong

Observation of: Dancer B Left in green

Date/Time/Place: https://www.youtube.com/watch?v=vrZAmu6L_kc

Time stamp: 3:09 – 4:20



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Description of the tasks: Kathack Dance of Lucknow Gharana: The dancers complete arm gestures, pivot to change spatial orientation, and come to a rest after each exercise. They work within a limited environmental space, and their patterns are meant to 'match' in space, time, and force as closely as is possible. The movement patterns are introduced verbally and rhythmically by the instructor. Patterns are then demonstrated by the two students.

Scale, 5 – Point 1 2 3 4 5: (1) Very Small/Slow/weak, (2) Small/Slow/Weak (3) Adequate, (4) Large/Fast/Strong (5) Very Large/Fast/Strong

Space: V.Small Small Ade Large V.Large
Time: V.Slow Slow Ade Fast V.Fast
Force: V.Weak Weak Ade Strong V.Strong

Personal Space:

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3:12 – 3:19	Feet stepping on the spot: R, L, R, L, L, R, L, R. Arms: Elbows bent and out to sides from shoulder, hands at chest with thumb and first finger together, other fingers straight (I will call this centre resting position).	adequate	
3:19 – 3:21	Arms extend to the back diagonal and front diagonal and repeat: back, front, back, front. Head follows extending hand.	Adequate	She takes up adequate personal space for the exercise.
3:21 – 3:23	Rise in center. Arms: Center resting position. Hands lift with the rise. One turn.	adequate	
3:23 – 3:28	Repeat arms: back, front, back, front, rise, turn.	Adequate	Arms extend fully
3:28 – 3:32	Feet stepping on the spot: R, L, R, L/L, R, L, R/R, L, R, L/L, R, L, R Arms: R arm extends to the sky	Adequate	Confident movements



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	and back to centre resting position, L arm extends to the sky and back to centre resting position. Head and eyeline: Follows working arm.		
3:32 – 3:39	Three turns with small steps to the rhythm. Arms: Right arm extends to audience and returns to centre resting position at the start of the turn. Left arm ends the turn with a down extension and scoop back to centre. Arms change at the end of the last turn with a right, low diagonal extension, high, left diagonal extension, and back to low, right diagonal extension.	Adequate	
3:38 – 3:47	Feet stepping on the spot: R, L, R, L, Rise center, turning R, L, R. Arms: Back, right diagonal, front, left diagonal, back, front, center resting position with rise. Head and eyeline: follow the extending arm.	Adequate	
3:47 – 3:51	Feet stepping on the spot: R, L, R, L/L, R, L, R/R, L, R, L/L, R, L, R. Arms: R arm extends to the sky and back to centre resting position, L arm extends to the sky and back to centre resting position. Head and eyeline: Follows working arm.	Adequate	
3:51 – 3:58	Three turns with small steps to the rhythm. Arms: Right arm extends to audience and returns to centre resting position at the start of the turn. Left arm ends the turn with a down extension and scoop back to centre. Arms change at the end of the last turn	Adequate	



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	with a right, low diagonal extension, high, left diagonal extension, and back to low, right diagonal extension.		
3:58 – 4:06	Feet stepping on the spot: R, L, R, L, Rise center, turning R, L, R. Arms: Back, right diagonal, front, left diagonal, back, front, center resting position with rise. Head and eyeline: follow the extending arm.	Adequate	
4:06 – 4:10	Feet stepping on the spot: R, L, R, L/L, R, L, R/R, L, R, L/L, R, L, R. Arms: R arm extends to the sky and back to centre resting position, L arm extends to the sky and back to centre resting position. Head and eyeline: Follows working arm.	Adequate	
4:10 – 4:20	Three turns with small steps to the rhythm. Arms: Right arm extends to audience and returns to centre resting position at the start of the turn. Left arm ends the turn with a down extension and scoop back to centre. Arms change at the end of the last turn with a right, low diagonal extension, high, left diagonal extension, and back to low, right diagonal extension.	Adequate	

Environmental Space:

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	straight (I will call this centre resting position).		
3:19 – 3:21	Arms extend to the back diagonal and front diagonal and repeat: back, front, back, front. Head follows extending hand.	large	Arms are extended fully to the diagonals in environmental space.
3:21 – 3:23	Rise in center. Arms: Center resting position. Hands lift with the rise. One turn.	adequate	
3:23 – 3:28	Repeat arms: back, front, back, front, rise, turn.	large	Arms are extended fully in each direction.
3:28 – 3:32	Feet stepping on the spot: R, L, R, L/L, R, L, R/R, L, R, L/L, R, L, R Arms: R arm extends to the sky and back to centre resting position, L arm extends to the sky and back to centre resting position. Head and eyeline: Follows working arm.	large	Uses space above the head as far as the arm can reach.
3:32 – 3:39	Three turns with small steps to the rhythm. Arms: Right arm extends to audience and returns to centre resting position at the start of the turn. Left arm ends the turn with a down extension and scoop back to centre. Arms change at the end of the last turn with a right, low diagonal extension, high, left diagonal extension, and back to low, right diagonal extension.	Adequate	Stays on the spot as I am guessing the movement is meant to. Uses adequate environmental space for the exercise.
3:38 – 3:47	Feet stepping on the spot: R, L, R, L, Rise center, turning R, L, R. Arms: Back, right diagonal, front, left diagonal, back, front, center resting position with rise. Head and eyeline: follow the extending arm.	Adequate	Arms extend fully in space in each direction. Rise goes up a level and comes back to neutral. Environmental space is used as much as possible within the confines of the exercise.



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3:47 – 3:51	Feet stepping on the spot: R, L, R, L/L, R, L, R/R, L, R, L/L, R, L, R Arms: R arm extends to the sky and back to centre resting position, L arm extends to the sky and back to centre resting position. Head and eyeline: Follows working arm.	Adequate	
3:51 – 3:58	Three turns with small steps to the rhythm. Arms: Right arm extends to audience and returns to centre resting position at the start of the turn. Left arm ends the turn with a down extension and scoop back to centre. Arms change at the end of the last turn with a right, low diagonal extension, high, left diagonal extension, and back to low, right diagonal extension.	Adequate	
3:58 – 4:06	Feet stepping on the spot: R, L, R, L, Rise center, turning R, L, R. Arms: Back, right diagonal, front, left diagonal, back, front, center resting position with rise. Head and eyeline: follow the extending arm.	Adequate	
4:06 – 4:10	Feet stepping on the spot: R, L, R, L/L, R, L, R/R, L, R, L/L, R, L, R Arms: R arm extends to the sky and back to centre resting position, L arm extends to the sky and back to centre resting position. Head and eyeline: Follows working arm.	Adequate	
4:10 – 4:20	Three turns with small steps to the rhythm. Arms: Right arm extends to audience and returns to centre resting position at the start of the turn. Left arm ends	Adequate	



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	the turn with a down extension and scoop back to centre. Arms change at the end of the last turn with a right, low diagonal extension, high, left diagonal extension, and back to low, right diagonal extension.		
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Time:

Time Stamp	Movement description	Quantifiable Data	Descriptive/Qualitative Data for 5-Point MBA/P
3:12 – 3:19	Feet stepping on the spot: R, L, R, L, L, R, L, R. Arms: Elbows bent and out to sides from shoulder, hands at chest with thumb and first finger together, other fingers straight (I will call this centre resting position).	adequate	
3:19 – 3:21	Arms extend to the back diagonal and front diagonal and repeat: back, front, back, front. Head follows extending hand.	Adequate	
3:21 – 3:23	Rise in center. Arms: Center resting position. Hands lift with the rise. One turn.	Adequate	There is confidence in her timing and movements.
3:23 – 3:28	Repeat arms: back, front, back, front, rise, turn.	Adequate Slow	
3:28 – 3:32	Feet stepping on the spot: R, L, R, L/L, R, L, R/R, L, R, L/L, R, L, R Arms: R arm extends to the sky and back to centre resting position, L arm extends to the sky and back to centre resting position. Head and eyeline: Follows working arm.	Adequate	Appears to be right on time with the teacher's rhythm
3:32 – 3:39	Three turns with small steps to the rhythm. Arms: Right arm extends to audience and returns to centre resting position at the	Adequate – fast to catch up	There is a moment where Dancer B is unsure of the direction of the arms. For timing, she has to catch up to correct this moment.



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	start of the turn. Left arm ends the turn with a down extension and scoop back to centre. Arms change at the end of the last turn with a right, low diagonal extension, high, left diagonal extension, and back to low, right diagonal extension.	and back to adequate	 <i>*C: For the most part Dancer B looks more confident in her movements because of her stronger force and carriage of her upper body. In this moment, Dancer B makes a mistake in arm direction, but is quickly able to catch up.</i>
3:38 – 3:47	Feet stepping on the spot: R, L, R, L, Rise center, turning R, L, R. Arms: Back, right diagonal, front, left diagonal, back, front, center resting position with rise. Head and eyeline: follow the extending arm.	Adequate - slow	There is an initial hesitation in movement and then a small pause after the rise where Dancer B has to speed up to catch up with the music/instructor's voice.  <i>*C: Dancer A is ahead in time of Dancer B. These snap shots make it really easy to see the difference in timing. When looking at them separately and listening to the instructor's voice, they both appeared to be on time with her.</i>
3:47 – 3:51	Feet stepping on the spot: R, L, R, L/L, R, L, R/R, L, R, L/L, R, L, R. Arms: R arm extends to the sky and back to centre resting	Adequate	Arm extends above head and is controlled down with an adequate speed.



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	position, L arm extends to the sky and back to centre resting position. Head and eyeline: Follows working arm.		
3:51 – 3:58	Three turns with small steps to the rhythm. Arms: Right arm extends to audience and returns to centre resting position at the start of the turn. Left arm ends the turn with a down extension and scoop back to centre. Arms change at the end of the last turn with a right, low diagonal extension, high, left diagonal extension, and back to low, right diagonal extension.	Adequate	I just tried these turns and it is not easy to get those arms out with a lot of strength and that quickly while turning.
3:58 – 4:06	Feet stepping on the spot: R, L, R, L, Rise center, turning R, L, R. Arms: Back, right diagonal, front, left diagonal, back, front, center resting position with rise. Head and eyeline: follow the extending arm.	Adequate	 <i>*C: Dancer A is behind the music or holding the extension slightly longer than Dancer B in this instance. This is not always the case. Usually, it is Dancer B who is holding the extension of the arm. I find that interesting. What I was looking at it just quickly, I thought Dancer B was always holding and exact, but it is not the case.</i>
4:06 – 4:10	Feet stepping on the spot: R, L, R, L/L, R, L, R/R, L, R, L/L, R, L, R. Arms: R arm extends to the sky and back to centre resting position, L arm extends to the sky and back to centre resting	Adequate	



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	position. Head and eyeline: Follows working arm.		
4:10 – 4:20	Three turns with small steps to the rhythm. Arms: Right arm extends to audience and returns to centre resting position at the start of the turn. Left arm ends the turn with a down extension and scoop back to centre. Arms change at the end of the last turn with a right, low diagonal extension, high, left diagonal extension, and back to low, right diagonal extension.	adequate	

Force:

Time Stamp	Movement description	Quantifiable Data	Descriptive/Qualitative Data for 5-Point MBA/P
3:12 – 3:19	Feet stepping on the spot: R, L, R, L, L, R, L, R. Arms: Elbows bent and out to sides from shoulder, hands at chest with thumb and first finger together, other fingers straight (I will call this centre resting position).	Strong	Feet are stamping. I can see the force in her steps. Upper body carriage is strong. Arms are held out from the shoulders.
3:19 – 3:21	Arms extend to the back diagonal and front diagonal and repeat: back, front, back, front. Head follows extending hand.	Very strong	Arms extend out with strength and tension. Head also is sharp and strong. Movements are clear and precise.
3:21 – 3:23	Rise in center. Arms: Center resting position. Hands lift with the rise. One turn.	strong	Strong arms, core, head, and control.



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			 <i>*C: Dancer A is ahead of the music at the end of this sequence (3:22). I have the video paused and she has started her turn and Dancer B is standing strong in a solid center position with a strong carriage of the upper body. Dancer B takes a breath before she starts the next section. There is a distinct pause.</i>
3:23 – 3:28	Repeat arms: back, front, back, front, rise, turn.	Strong	
3:28 – 3:32	Feet stepping on the spot: R, L, R, L/L, R, L, R/R, L, R, L/L, R, L, R Arms: R arm extends to the sky and back to centre resting position, L arm extends to the sky and back to centre resting position. Head and eyeline: Follows working arm.	Strong	Foot pattern is strong, clear, and defined. There is a strong force in each foot movement. Arms extend up and down with control.
3:32 – 3:39	Three turns with small steps to the rhythm. Arms: Right arm extends to audience and returns to centre resting position at the start of the turn. Left arm ends the turn with a down extension and scoop back to centre. Arms change at the end of the last turn with a right, low diagonal extension, high, left diagonal	Adequate	



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	extension, and back to low, right diagonal extension.		
3:38 – 3:47	Feet stepping on the spot: R, L, R, L, Rise center, turning R, L, R. Arms: Back, right diagonal, front, left diagonal, back, front, center resting position with rise. Head and eyeline: follow the extending arm.	Adequate Strong	At the start of this section, Dancer B is still recovering from her small error. Her force is reduced as she extends her arm to the back. The second time through the sequence it gets back to her normal strong force. Arms and head are strong moving out in each direction. Rise in center is strong.
3:47 – 3:51	Feet stepping on the spot: R, L, R, L/L, R, L, R/R, L, R, L/L, R, L, R. Arms: R arm extends to the sky and back to centre resting position, L arm extends to the sky and back to centre resting position. Head and eyeline: Follows working arm.	Strong	Same as before
3:51 – 3:58	Three turns with small steps to the rhythm. Arms: Right arm extends to audience and returns to centre resting position at the start of the turn. Left arm ends the turn with a down extension and scoop back to centre. Arms change at the end of the last turn with a right, low diagonal extension, high, left diagonal extension, and back to low, right diagonal extension.	Adequate	
3:58 – 4:06	Feet stepping on the spot: R, L, R, L, Rise center, turning R, L, R. Arms: Back, right diagonal, front, left diagonal, back, front, center resting position with rise. Head and eyeline: follow the extending arm.	Strong	



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4:06 – 4:10	Feet stepping on the spot: R, L, R, L/L, R, L, R/R, L, R, L/L, R, L, R Arms: R arm extends to the sky and back to centre resting position, L arm extends to the sky and back to centre resting position. Head and eyeline: Follows working arm.	Strong	
4:10 – 4:20	Three turns with small steps to the rhythm. Arms: Right arm extends to audience and returns to centre resting position at the start of the turn. Left arm ends the turn with a down extension and scoop back to centre. Arms change at the end of the last turn with a right, low diagonal extension, high, left diagonal extension, and back to low, right diagonal extension.	Adequate	

Patterns Used Most Often: Comments

What overall patterns do you observe?

Space: Large

Time: Fast

Force: Strong

Patterns Used Least Often:

Space: Small

Time: Slow

Force: Weak

Works Cited

Hagood, Thomas K and Sally Sevey Fitt. "Movement Behavior Analysis and Profiling: Observing Qualitative Differences in Dance Performances." 2022.



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