

Contents

Introduction

Acknowledgments

1. Movement, the Foundation of Dance Improvisation **3**
Movement as Communication / The Creative Process /
Creativity in Improv / Associations and Core Imagery /
Multiple Intelligences
2. The Experiential Body of Knowledge **16**
Kinesthetic Awareness / Phrasing / Forming /
Relating / Abstracting and the Abstract
3. Beginners' Questions **28**
4. Creating a Conducive Environment **49**
The Leader / The Atmosphere
5. Leaders' Concerns **57**
6. Formats **85**
Continuous Feed-in / Prestructured / Demonstration /
Open Content and Structure
7. Music **89**
8. Create Your Own Improv **96**
The Stimulus / Working with the Stimulus / Structuring
the Improv / Clarifying the Instructions / Ending /
Editing and Presenting
9. Advanced Challenges **106**
Challenging the Movers / Challenging the Leader
10. In Performance **119**

11. Special Situations	125
The Space Glutton / The Dictator / The Wallflower / The Dancer / The Performer / The Oddball / The Intense One	
12. Specific Populations	132
Choreographers / Dance Educators / Children / Actors / Senior Citizens / People with Disabilities / Therapy	
13. Academic Issues	154
14. Sources	159
Trust and Relaxation	161
Individual Growth Schema	165
Self to Inner Self / Self to Outer Self / Self to Important Other / Self as Part of the Group / Self to the World	
Sensory Awakening	182
Kinesthesia / Touch / Sight / Hearing / Speech / Smell and Taste	
Elements of Movement	191
Space / Time / Energy / Movement and Movement Qualities	
Composition	200
Phrasing / Overall Form / Transitions / Manipulation / Abstraction / Symbols	
Accompaniment	215
Theatrics	218
Art Forms	220
Social Behavior	226
Index	233