

“You don’t start dancing. You dance.”

“If the rest of us did that it would be a neurotic twitch.”

Spatial analysis, geometric folding and unfolding, dis-equilibrium, falling over getting back up, deconstruction of movement and talking about it while it happens, the probabilities of dancing to make something we don’t know, and bits and pieces of William Forsythe’s Improvisation Technologies.

This workshop will explore some of the systems of improvising and generating movement and maybe even choreography that look at dance as a pure geometrical inscription. Simple methods of understanding your body in space as it falls and analysing the possibilities that can unfold from anywhere on your body, switching as rapidly and as fluidly as possible from one part to another.

The aim is to get beyond yourself, what you know and what is comfortable, to understand exactly what is happening while you’re moving and know what the infinite choices are in what comes next.

**When:** Sunday June 10  
1pm till 4pm

**Where:** Gravity Studios  
41 Gilles St  
In the city

**How much:** \$10

**Questions answered:**

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### **More about Frances**

Frances graduated from the Victorian College of the Arts School of Dance in 2001, and has since choreographed *hell*, *temperance*, and *extermination* in Melbourne, *apocalypse prd*, *bitches*, and *carnivore* in Guangzhou, and other works for stage and film in Australia, Taiwan, and Europe. Frances had residencies at the Guangdong Modern Dance Company in Guangzhou, China on an Asialink Performing Arts Residency, Taipei Artist Village in Taiwan, and Park19 Artists Studios in Guangzhou. She was a DanceWEB Scholarship recipient to ImPulsTanz in Vienna in 2003 and a choreographer at SiWiC – Swiss International Choreographic Workshop in Zürich in 2005, directed by DV8 founder Nigel Charnock. She has danced in the work of Jo Lloyd, Michelle Heaven, Amanda Phillips and Gala Moody in Australia, Cie. Denise Lampart and Anna Tenta in Zürich, Ivo Dimchev and Martin Inthamoussu in Vienna and Long Yunna in Guangzhou. Frances has received funding from Arts Victoria, Australia-China Council, Asialink, Ian Potter Cultural Trust, Besen Family Foundation and Australia Council.