

# SOLO CREATION LAB



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3rd year Contemporary Urban Dance

## **Research description**

This research will focus on vocal projection and the contrast within two specific movement qualities in the work of the dancer/performer. Leonarda will, through her vocal and physical skills, explore the conjugation of the verb to let go, in her native language, Croatian. The word PUSTI means to let go, which develops to PUSTITI and eventually PUŠTAM. She separates the word into 2 parts. Firstly, PU where she explores the physical quality of holding on, contracting and hitting and right after transitions to the sound STI, where she uses releasing, floating and freedom as her main sources. Leonarda continues with the conjugation, to the word PUSTITI where she introduces a person, because TI in Croatian means you. The introduced person represents her own character traits that are not useful for her anymore and she tries to let them go. Finally, PUŠTAM produces a resonating and grounding atmosphere which travels through the dancers' body and echoes into space. All sounds and emotions behind the words eventually mix and match with the element of silence which is introduced to emphasize the meaning and power of the will to let go. What sees the body and the mind of the spectator as a result becomes part of an embodied experience of movement and sound.

## **Research questions**

What is the moment before and after the sound, the movement, the intention to move?

How to connect your voice through and with the movement to create a certain rhythm, synchronicity?

When is one playing and when is one being played by this different but similar sounds, words and characters?

### **Method(s) of research**

- Developed practice of being one with the voice and body- finding extremities, voice controlling the body, body controlling the voice, finding abstraction, playing with echo, breath and silence
- Recording my voice and dancing on it without speaking, researching how it moves me without thinking of what to say, change of dynamics, rhythm and emotion
- Exploring in between sounds, not only clear words, and looking at the movement that develops from it (sounds: šššš, tititi, štamm, mmmm, ssss, puuu, uuu, iii)
- Practicing theatrical and vocal range through warming up the voice, clear intention saying, imagining the person and speaking to them

### **Contribution to your artistic practice you intend to make**

#### **(How does this research fit in the line of the development of my work as a dancer?)**

The research not only develops my physical movement qualities but also broadens theatrical and vocal possibilities. The contrast of flow and contraction/hits widens the range of my movement and challenges me to either stay for long or quickly switch between the two, finding extremities and my own self within. The vocal projection and theatrical skills are explored through the storyline and worked on with the external mentor. The research work is stimulating me to constantly explore and pushing me out of my comfort zone to learn and grow both physically and mentally.

### **Video description:**

The video of my solo will catch the highlights of my research. The contrast of flow and contraction/hits will be clearly visible and the vocal projection strong and effective. The vocal recording will be aligned with my movement. The location and the costume will be fitted together preferably in earthy tones.