



Le Geste créateur

(Creative movement)

© Cnsmdp 2008,
real. Odile Rouquet
& Marie-Hélène Rebois.
(duration : 54 min + 22 min bonus)
In French with choice of English voice-over
20 €

This film invites us to observe Odile Rouquet's method of teaching functional analysis for movement (AFCMD: analyse fonctionnelle du corps dans le mouvement dansé) at the National Superior Conservatory of Music and Dance in Paris. The goal is to better understand how movement circulates throughout the body, how the physical laws of balance and dynamics work in dance movement, and how dancers, subject to the same laws of gravity and momentum as we ordinary bipeds, integrate these but use them differently, according to what they need to express artistically. Odile Rouquet explains how dancers explore new pathways in movement every day, making every gesture a creative one.

In the **Bonus**, Odile Rouquet helps dance notation students refine their analysis of the specific physical movement of a choreography, so that both systems of notation (Benesh and Laban) taught at the Conservatory can be used to record as accurately as possible the spirit of the original piece.

Centre de recherche et d'édition du Conservatoire (CREC)
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