



RADICAL RESEARCH:  
DELIBERATING &  
LIBERATING DANCE

# DUNHAM & SOMATICS

A discussion about Katherine Dunham Dance Technique and Laban/Bartenieff Movement System





# Katherine Dunham

**choreographer, anthropologist, activist, wife, mother, singer,  
producer, and so much more.**

# What is Somatics?

Whole body connection and embodiment.

# Laban/Bartenieff Movement System

## L/BMS

- Breath
- Core-Distal
- Head-Tail Connectivity
- Upper-Lower
- Body Half
- Cross-Body or Contralateral

Hackney, P. (1999). *Making Connections: Total Body Integration Through Bartenieff Fundamentals* (1st ed.). Routledge.

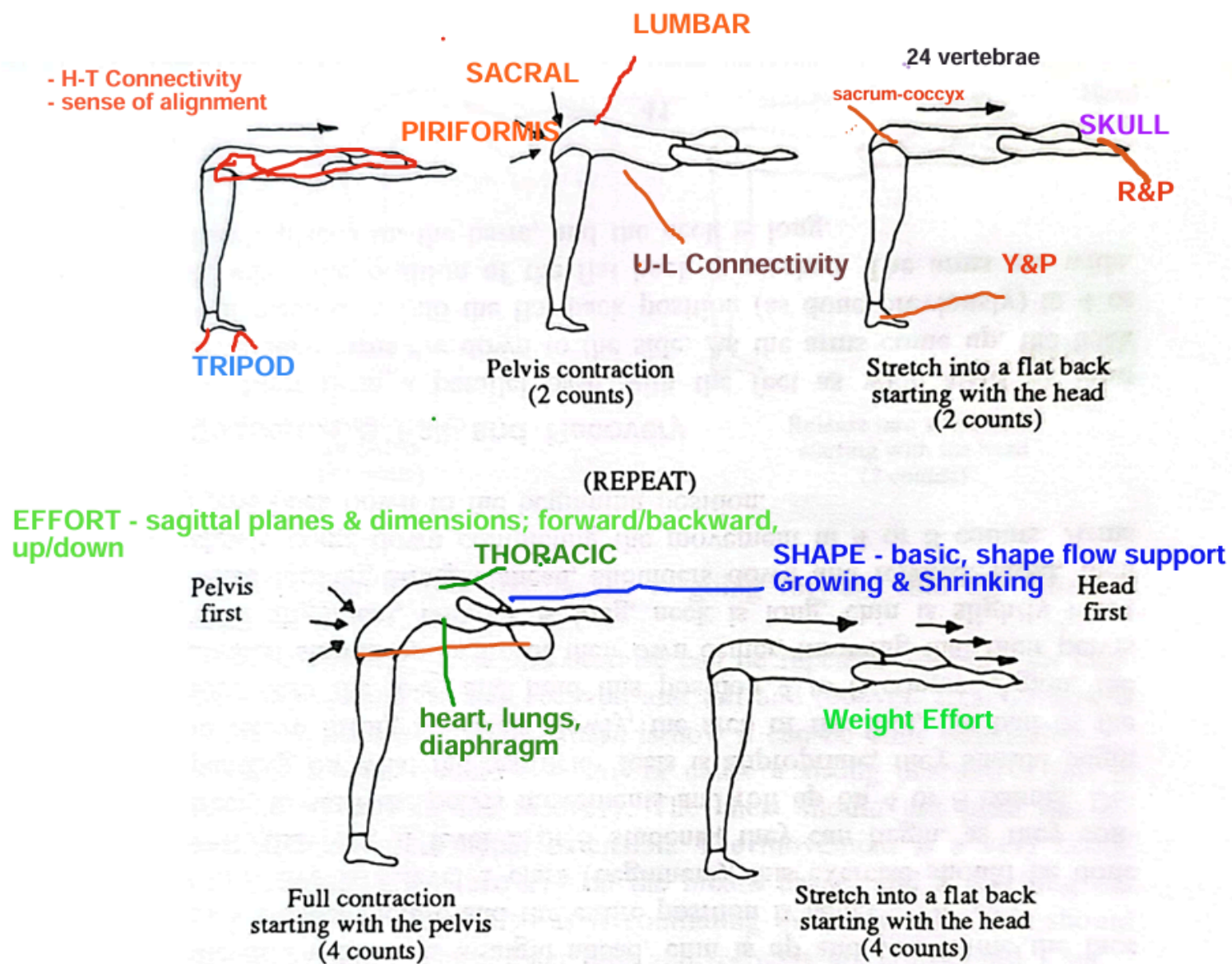
**BREATH**

Dunham on Breath

**Exploration**

# Core-Distal, Head-Tail Connectivity, Upper-Lower

Dunham Dance Technique - Sequence 7



Dunham - C & R from both front & back

(REPEAT)

L/BMS language can be applied below.

- Using the gluteus contract and release, and repeat 4 times
- Move into the lower back area contract and release 4 times (The student is still in the flat back position)
- Move up into the middle back area

Dunham Body Roll - Sequence 7  
(Dunham Technique "A Way of Life" by Albirda Rose)

Dunham - Shango (Library of Congress)

# Body Half and Cross-Lateral or Contralateral

Rites de Passage - 24:10 to 24:24

Thank you, Luna Dance & Creativity!



**Bobi Lott**

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MFA Dance Department Presents...

MFA in Dance

# Woven Roots

MFA Dance Thesis Showing

Eight women echoing stories of healing, identity, resilience, community and multiculturalism

**CONCERT A**  
**JUNE 6<sup>TH</sup> & JUNE 7<sup>TH</sup>**  
**7:00PM**  
 Gwen Benitez Bobi Lott  
 Jess McNely Veronica Silk

**CONCERT B**  
**JUNE 13<sup>TH</sup> & JUNE 14<sup>TH</sup>**  
**7:00PM**  
 Suzanne Guyot-Rice Jen McClary  
 Karishma Sharma  
 Marcella Torres-Sánchez

Theater & Site-Immersive Performances

WWW.STMARYS-CA.EDU/EVENTS/WOVEN-ROOTS-MFA-DANCE-PERFORMANCE  
 For ADA and other questions: [afp5@stmarys-ca.edu](mailto:afp5@stmarys-ca.edu)

LeFevre Theatre  
 1928 St Mary's Rd Moraga, CA 94923

\$10 - \$20

**TICKETS**

