

# An Actor's Approach to Dance as Dramatic Art: A Comprehensive Guide from RADA

Dance has long been recognized as a powerful form of artistic expression, capable of conveying a wide range of emotions and narratives through movement. However, it is not often that actors fully explore the potential of dance as a tool for dramatic storytelling. RADA, the Royal Academy of Dramatic Art, believes that dance can be a transformative element within an actor's repertoire, enriching their performances and deepening their connection with the audience. This guide will delve into the fundamentals of an actor's approach to dance as dramatic art, providing practical exercises and insights that will empower actors to harness the expressive potential of movement.

## Understanding the Actor's Physicality

At the core of an actor's approach to dance lies a deep understanding of their physicality. Actors must develop a keen awareness of their bodies, their strengths and limitations, as well as their ability to move with fluidity and precision. This involves:



## Dramatic Dance: An Actor's Approach to Dance as a Dramatic Art (RADA Guides) by Darren Royston

★★★★★ 5 out of 5

Language : English  
File size : 775 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 164 pages



- **Body Mapping:** Exploring the different parts of the body and their relationship to each other, identifying areas of tension and release.
- **Kinesthetic Awareness:** Developing an intuitive sense of movement, allowing the body to respond instinctively to stimuli and emotions.
- **Coordination and Timing:** Refining the ability to control and execute movements with accuracy and rhythm, ensuring that the body moves in harmony with the mind.

## **Dance as an Extension of Character**

In an actor's approach to dance, movement becomes an extension of character. Every gesture, step, and turn should contribute to the development and portrayal of the character's inner life. To achieve this, actors must:

- **Embodied Emotion:** Using movement to express the character's emotions, conveying their feelings and desires through physicality.
- **Physical Transformation:** Creating a distinct physical presence for each character, reflecting their personality, backstory, and motivations.
- **Collaborative Movement:** Working with choreographers and other actors to create movement sequences that enhance the storytelling and characterization.

## **Practical Exercises for Actors**

To develop an actor's approach to dance, RADA incorporates a variety of practical exercises into its training:

- **Improvisational Dance:** Encouraging actors to explore movement spontaneously, responding to music, prompts, or emotions.
- **Character Movement Studies:** Creating movement sequences based on specific characters, experimenting with different physicalities and expressions.
- **Dance Styles:** Introducing actors to various dance styles, such as ballet, contemporary, and jazz, to broaden their movement vocabulary.

## **Dance and Dramatic Interpretation**

Dance can serve as a powerful tool for interpreting dramatic texts. By incorporating movement into their performances, actors can:

- **Visual Storytelling:** Enhancing the narrative through visually appealing and evocative movement sequences.
- **Subtext and Symbolism:** Using dance to convey underlying themes, emotions, or metaphors within the play.
- **Heightening Emotions:** Elevating the emotional impact of a scene or moment through the expressive power of dance.

## **Case Study: "Spring Awakening" at RADA**

In 2019, RADA's production of "Spring Awakening" showcased the transformative power of dance in dramatic storytelling. The choreography, created by RADA's Head of Movement, Emma West, played an integral role in conveying the play's themes of adolescence, rebellion, and

sexuality. The use of stylized movement, including ensemble sequences and individual solos, allowed the actors to explore the characters' inner turmoil and express their emotions in a raw and visceral way.

An actor's approach to dance as dramatic art requires a deep understanding of physicality, characterization, and the power of movement to convey emotion and narrative. By integrating dance into their training and performances, actors can unlock new expressive possibilities, deepen their connection with the audience, and create truly memorable and impactful theatrical experiences. RADA's comprehensive guide provides actors with the tools and insights they need to embrace dance as an essential element of their dramatic art.



## **Dramatic Dance: An Actor's Approach to Dance as a Dramatic Art (RADA Guides)** by Darren Royston

★★★★★ 5 out of 5

Language : English  
File size : 775 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 164 pages





## Fantasy Technology and Politics: A Deep Dive into the Interwoven Worlds of Magic and Power

Fantasy literature has long captivated readers with its immersive worlds, epic battles, and compelling characters. However, beyond the surface-level...



## Come To This Court And Cry: A Tale of Love, Loss, and Redemption

Come To This Court And Cry is a powerful and moving novel that explores the themes of love, loss, and redemption. The novel tells the story of a young woman...