

The 4Rs Model as used in Dance

Level	Stage	Questions to get you started
1	Reporting and responding	<p>Where is my energy flowing? Where is my centre of gravity?</p> <p>What are my dynamics? Am I 'in' this or 'beside' it? Is the music flowing through me?</p> <p>How can I improve my practice?</p>
2	Relating	<p>Have I seen someone move like this before?</p> <p>Am I trying to replicate this? Or am I trying to do it differently?</p> <p>Have I moved like this before?</p> <p>Were conditions the same or different?</p> <p>Do I know how to improve my practice?</p>
3	Reasoning	<p>Why do I need to modify my practice?</p> <p>How would a professional handle this?</p> <p>Detail factors such as: sustain, elongate, activate appropriate muscle sets, control of energy, coordinate, breathe, project.</p> <p>What have other practitioners done in past practice?</p> <p>Has this changed over time?</p>
4	Reconstructing	<p>How can I remember this for next time?</p> <p>What might work and why?</p> <p>What might happen if..?</p> <p>How can I reconstruct past practice and feeling?</p> <p>Can I make changes to benefit others?</p>