

STAGE PERFORMANCE – MOVEMENT & EXPRESSION		
What is it	What it means	It feels like
1. MOVING ON STAGE	<p>STAGE MOVEMENT is your natural expression of music – DO AS MUCH or AS LITTLE as you consider APPROPRIATE.</p> <ol style="list-style-type: none"> EXPRESSING with your smile / DON'T GRIND with your TEETH. MOVING from hips (left /right) and DON'T MOVE up/down with your violin. <p>SWITCHING BALANCE from left to right foot and vice versa - when focusing. on right hand / left foot balance and vice versa.</p>	<p>→ MOVEMENT & PERSONALITY LINK</p> <p>→ FACIAL EXPRESSION</p> <p>→ HIPS MOVING (left/right)</p> <p>→ SWITCHING FEET BALANCE</p>
2. SHOWING / EXPRESSING YOUR PERSONALITY	<ol style="list-style-type: none"> MOVING WITH THE MUSIC you play (happy, sad, dancing, etc.) – letting your body movement SHOWING YOUR FEELINGS. 	<p>→ LINKING MOVEMENT & FEELINGS</p>
3. STAGE EXAGGERATION	<ol style="list-style-type: none"> Actors often overemphasise their expressions ON STAGE - THINKING about it for your BODY MOVEMENT and most importantly – SOUND PROJECTION. 	<p>→ OVEREMPHASISING BODY EXPRESSIONS</p> <p>→ SOUND PROJECTION</p>
4. STAGE PERFORMANCE	<p>It is a BALANCING ACT – Remembering the 3 GOLDEN RULES:</p> <ol style="list-style-type: none"> To CONTROLLING the desired actions through BRAIN. To EXPRESSING FEELINGS through HEART and SOUL. <p>To COMMUNICATING with audience through SOUND and BODY LANGUAGE.</p>	<p>→ BALANCING ACT / THE 3 GOLDEN RULES</p>
BECOME THE ARTIST YOU CAN BE		

HAVE YOU LEARNED IT	Action Words / Task
1. MOVE ON STAGE & EXPRESS YOUR PERSONALITY	<ol style="list-style-type: none"> FACIAL EXPRESSION / HIPS MOVING / SWITCHING LEGS BALANCE LINK YOUR FEELINGS TO THE MUSIC
2. EXAGGERATE ON STAGE	<ol style="list-style-type: none"> EXPRESS BODY MOVEMENT PROJECT SOUND
3. PERFORM ON STAGE	<ol style="list-style-type: none"> CONTROL ACTIONS WITH BRAIN EXPRESS FEELINGS WITH HEART & SOUL COMMUNICATE SOUND & BODY LANGUAGE

**REMEMBER
THE DETAIL
THE ACTION
THE FEELING**