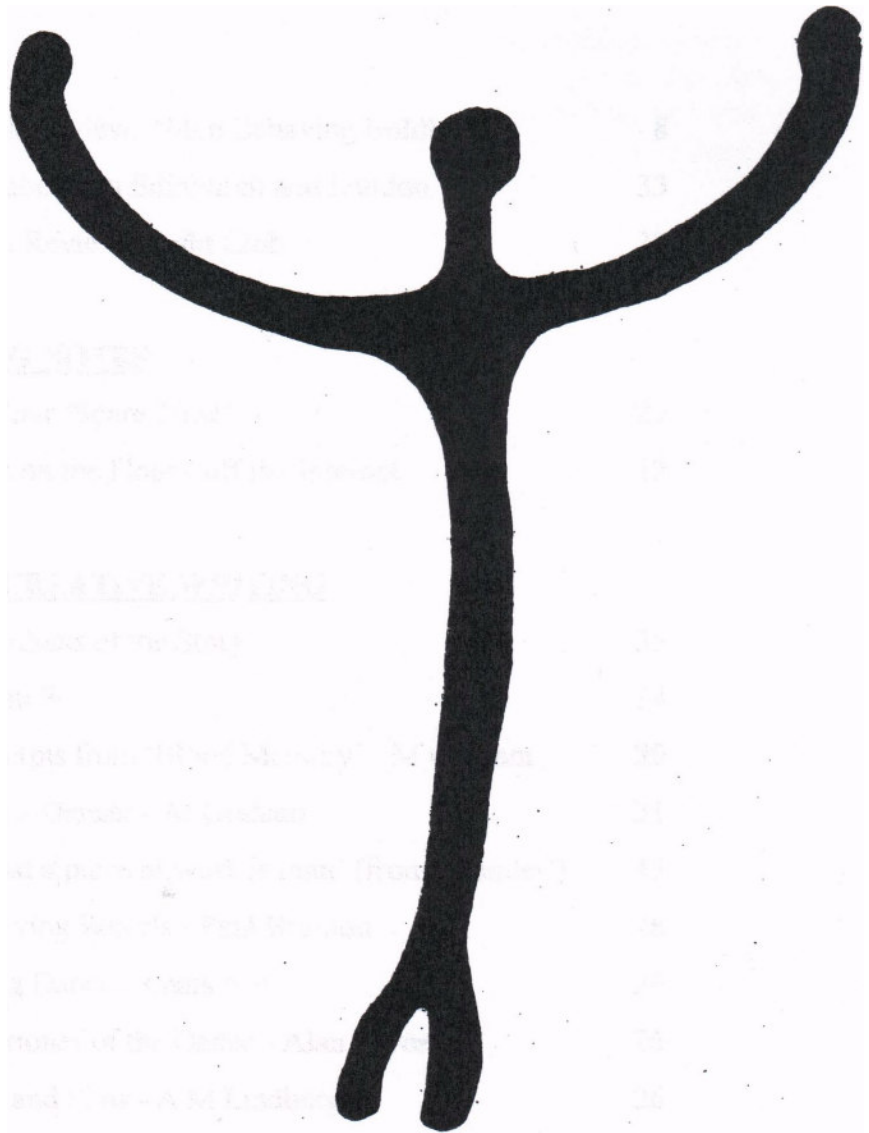


# FOCUS

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# NETWORK



*Men in Dance*

*Issue Number Five*

## Dancing as worship: Men on the floor??

Whaaaat??? You want me to dance? I'm MALE!!

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David pulled it off. "All his might" is the key phrase. I think there's a fair percentage of guys that would move if they had a clue how, and if they weren't afraid it would be mamby pamby wumpy stuff. Sad part of it is, when a guy joins the average dance class, that's what he usually gets.

About men on the dance floor - I find it's less about the steps, than how they are executed. Attitude. And that takes a mental adjustment for the dancer and the choreographer both.

Choreographers are used to designing movement for delicate little fairy-creatures, skimming around the stage and barely touching the ground. To choreograph effectively for - or to dance effectively as - a man, the thought process has to adapt to a cougar-like motion. The movements are still smooth and suspended, you can't hear the footfalls, but you have concealed energy, latent power, explosive power, a very different attitude. The dancer's body-centre doesn't float suspended anymore; it has force, it presses against the floor - even when the dancer is standing perfectly still, or suspended in a leap.

It's the difference in "Meekness = weakness" versus "Meekness = obedience". Put the obedience caption onto a picture of a Lippizanner stallion under saddle - tremendous explosive power waiting patiently (yet vibrantly alert) for a delicate command.

It's a contract in ideals - ephemeral will-o-the-wisp versus cougar/warhorse. And this is NOT to say, that women can't dance powerfully and energetically, or that men can't pull off anything involving delicacy; this is to give a basis for emphasis in the training.

Avoiding extremes, you can do the exact same steps, but do them delicately, or powerfully. And the attitude thing is a little hard to describe. I make the mental contrast often that an average dancer crosses the floor, a delicate dancer skims across the floor, but a powerful dancer conquers the floor.