

*A Bowling Ball wrapped in Velvet* exposes a juxtaposition between softening and intensity. I am infatuated with effort and what that can do to the body, this work uses the two polarities of effort, the extremeness of trying and the laxness of easy effort. This piece is an example of how the different levels of effort can live in one space together and how they can conflict, be in harmony, and how we can blur the lines between the different sides. My dancers put themselves through intense physicality allowing them to reach a place of exhausted freedom. I am interested in the physical and emotional labor of effort in movement and how that leads to this new state of being, a less fabricated version of self and a heightened awareness of your body. I understand two types of effort, simple exertion and strenuous exertion. I am drawn to the extremeness of these two polarities, and work with amplifying the ‘carelessness’ of ease and the hardness of attempting. While I appreciate the separation of these things, I also work on doing both at the same time, softening while committing to the severity of effort. This work also speaks to identity cravings and desire. I’m experimenting with over doing the parts of myself that I wish were more visible. I’m also responsive towards using pain as a way of making work, to better understand it and potentially move through it. My work contains a constant tension between effort and ease, self and past selves, and vulnerability with safeness. The middle space for me is transitional, a blurring between contending qualities.