



## STAGE PRESENCE – TRUSTWORTHY & UNTRUSTWORTHY MOVEMENT

<p>UNTRUSTWORTHY MOVES:</p>	<ul style="list-style-type: none"> <li>• Wandering</li> <li>• Pacing</li> <li>• Shifting Weight</li> <li>• Kicking Feet</li> <li>• Walking backwards</li> <li>• Over-rehearsed staging that lacks purpose</li> </ul>
<p>TRUSTWORTHY MOVES:</p>	<ul style="list-style-type: none"> <li>• Finding a reason to move elsewhere. Examples:             <ul style="list-style-type: none"> <li>• Person you are addressing walks away</li> <li>• Emphasizing a point</li> <li>• Someone on the other side of the room is identifying with you in their body language</li> </ul> </li> <li>• Planted feet</li> <li>• Walking with a destination in mind - with a sense of urgency, purpose, and/or intention</li> <li>• Point of reference eye contact</li> </ul>
<p>HOW DO YOU KNOW WHEN TO DO WHAT?</p>	<ul style="list-style-type: none"> <li>• Look to the lyrics</li> <li>• What's happening in your own story in the song?</li> </ul>
<p>MUSICAL THEATRE:</p>	<ul style="list-style-type: none"> <li>• Out of context - in a competition or a concert             <ul style="list-style-type: none"> <li>• Don't be literal or try to stage it within the confines of the show or character</li> <li>• Stick to the emotion of the piece and relate it to your own story</li> </ul> </li> <li>• In an audition room             <ul style="list-style-type: none"> <li>• Use the people in the room, the piano, whatever you need. No props, emotion is still more important, but the table is your audience - communicate with them like they are in the scene with you.</li> </ul> </li> <li>• In a show             <ul style="list-style-type: none"> <li>• You're going to be blocked by your director</li> <li>• It's your job to make sure you find reasons for all the movement your director asks of you</li> <li>• Look to the lyrics and the text to find clues about why you would be asked to move where you're being asked                 <ul style="list-style-type: none"> <li>▪ Your goal is to make it look like YOU decided to move there</li> </ul> </li> </ul> </li> </ul>