

Markus Hoft - Contact and Performance

The main topic of contactimprovisation is to be in **real contact** with the other dancers on stage.
To be aware of my own perception.

Contactimprovisation is dancing between the emotions of **love** and **hate**- like in normal life.

Both feelings arise because of nearness. If somebody comes near to me on stage, I can play with both feelings, the quality of love (to hug, be tender) or hate (to fight, push and pull).

I play with real emotions and that makes it interesting for the audience. Of course these feelings are only the edges of hundred other colors of emotions. But they are like emotional archetypes.

I like the combination between contactimpro and **theatre elements** like voice, body/mime expression or storytelling. My heart is also beating for my **fool** inside who can be very strange and odd, but also hide much wisdom.

Speaking about the technical aspects of contactimpro, I like to fall in commen with my partner. To use the physical laws of earth –to use the “momentum” of the fall like a surfer catches the wave to ride on. To “**ride on the fall**”, get the next mauntain / point of stability –before this point also changes into a falling wave...
And for stage this could be choreographed.

