

Dancing on the other side

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Mark's contact improv class did not work for me. He is one of the best dancers I know and I like him personally, but as a teacher ... not quite

He started the class with a circle and asked us to talk in pairs (co-counseling style) about what went well for us as dancers and where we saw problems. Hearing others share their worries about dancing with beginners made me self conscious. Being paired up with Maya did not help: She wanted small movements and constantly pointed out what I did wrong. She immediately set things up so that she was in total control. She also made it clear that she was more experienced and I was the beginner. She did not want to try jumps unless somebody was spotting us (because she had had soo many injuries and I was a beginner). Somehow it deflated me. I couldn't dance at all

I never got out of my brain that whole evening - no learning with my head in charge. I could not initiate dancing even with people I danced with before many times: Walter, Vincent, ... and Sally, who is more experienced and had expressed worries about dancing with beginners. Was I one of those beginners? Did I only now notice that she had trouble dancing with me? Had my exuberance blinded me when I blissfully danced with her before?

This evening was quite a shock for me because over the last couple of weeks, I felt I was on a roll: Two classes a week, a little bit of good instruction ... I just had let it flow. It brought out the kid in me - a mix of wrestling (from my childhood), touching, sounding, listening, new flows, total trust, no worrying about falling. I was quite exuberant and people were attracted to me because of it. I had brought my post docs Walter and Raymond to a previous class taught by John. Walter got into it immediately, but Raymond stayed in his head and was lost. He could not do John's sea creature exercise. I had no problem with it but could not coax Raymond into letting go. And

then last night it a hold of me. Just like Raymond, I could not let go

I hope that I can get my dancing self back. I am definitely not interested in counseling about my fears of falling. I want to zoom out: a switch of roles between my conscious and subconscious self. My stance in life is that I am in charge and intuitions come up on the side. When I dance, I just want to dance and my mind should just provide ideas once in a while. I can direct it all with my brain, but it feels staged. When I was dancing the other way then it seemed like I was exploring some chambers of myself that I usually don't visit. It was fun and awakening

I know if I could totally be in that other frame of mind, then even somebody "so experienced" as Maya could have learned from me. I had inklings of it, because she even commented about me being so radiant when I dance

Last night I could not chase my brain away