

Annotated Bibliography

A&E Networks Television. (2021, April 22). *Martha Graham*. Biography.com. Retrieved January 25, 2022, from <https://www.biography.com/performer/martha-graham>

This website was a great way to jump into the history of a specific dance technique that I study. Martha Graham was a well known choreographer that was born in 1894. As I study her movement, this source tells me that she was known for her sometimes “jarring, violent and spastic” movements. This website allowed me to understand the differences in her movement compared to ballet. It stated she was ahead of her time. When studying modern dance, focusing on the root is always important, and this site explored the background of her movements and how they appeared in her study.

Christensen, J. F., Gaigg, S. B., Gomila, A., Oke, P., & Calvo-Merino, B. (1AD, January 1). *Enhancing emotional experiences to dance through music: The role of valence and arousal in the cross-modal bias*. Frontiers. Retrieved January 25, 2022, from <https://www.frontiersin.org/articles/10.3389/fnhum.2014.00757/full>

When I first reviewed this source, I thought the science was too difficult for me to understand, but as I read into it more I gained a better understanding of it. This source is helpful because it describes the function of the brain in response to movement such as dance. I wanted to incorporate the science of our minds in connection to dance. This website provided the information to do so. A study was taken of a sample of people, who were shown the difference between a happy vs sad movement. This study showed the response in the brain according to the ballet movement. The brain had a positive or negative response regarding what video they watched.

Eghosa, E. (2021, May 18). What are the 5 elements of a good documentary? Retrieved January 27, 2022, from <https://www.filmdistrictdubai.com/blogs/what-are-the-5-elements-of-a-good-documentary>

When I first read the article, I didn't know how accurate it would be based on the fact that it is an opinion piece. But as I continued reading, I realized that this sort of article is exactly what I needed to film a good documentary. It showed me the five different elements of creating a good documentary. I am at an introductory level, and when reviewing sources, I needed something that wasn't too advanced. This website was good for providing the basic knowledge about film and the ways behind it that most people don't think about. The aesthetic experience is what I want to get out of my capstone. This source was able to help me perfect it.

Public Broadcasting Service. (2020, November 16). *Martha Graham ~ Martha Graham Biography*. PBS. Retrieved January 25, 2022, from <https://www.pbs.org/wnet/americanmasters/martha-graham-about-the-dancer/497/>

This source compares and contrasts the Martha Graham technique to other artists of its time. When studying dance, it is important to take into consideration the time period it originated from and respect the artist's work. This website goes into detail about peoples opinions about Graham technique. When creating my documentary it is essential to add a prominent history of the world of dance. Since Martha Graham was born in the 1890's, this gives me a huge base to build up from. This source also mentions the emotional aspect of dance and its significance to the expression. When describing the art form of dance, I will be diving into emotion and the ways dance can portray and pull emotion.

Steenbarger, B. (2020, October 31). *Moving the body, transforming the mind: The psychology of dance*. Forbes. Retrieved January 25, 2022, from

<https://www.forbes.com/sites/brettsteenbarger/2020/10/31/moving-the-body-transforming-the-mind-the-psychology-of-dance/?sh=765880433ef7>

One idea from this source that really stuck with me was the idea that dance is related to happiness. This source made me realize that dance can hold emotion. This source was exactly what I was looking for. The psychology of dance is going to be a huge part in my film. What I needed to research was the mechanics behind it, this article showed me exactly that. “Dance becomes a means of connecting to broader meanings and deeper emotional experiences—particularly ones associated with positivity. It is not a coincidence that we commonly find dance at weddings, not funeral receptions.” This quote especially stood out to me.

Victoria and Albert Museum, D. M. webmaster@vam.ac.uk. (2013, April 25). *The origins of Ballet*. The Origins of Ballet. Retrieved January 25, 2022, from <http://www.vam.ac.uk/content/articles/o/origins-of-ballet/>

Dance comes in many different forms and authenticity. One reason I chose this source is because it included primary sources. Images are very important. Since film wasn't invented in the 17th century, the closest thing we can relate to are paintings. This website compiled various images of paintings in the 1600. When creating my documentary, I am going to start off with a brief history of movement and how it transformed into ballet, and more. Ballet is often known as the foundation of all dance. This source describes the history of ballet in a specific timeline with primary sources attached to it.

YouTube. (2020). *How To Make A Documentary: The Overlooked Basics of Filmmaking*. YouTube. Retrieved January 27, 2022, from <https://www.youtube.com/watch?v=YmOfPHLCjdg>.

The goal of this project is to reach an audience that doesn't have a good understanding of dance. I chose this source because I wanted to know the best ways I could capture depth and emotion through video. One thing this video taught me was the difference between aimless and assertive. Overall, assertive documentaries tend to bring the audience closer. They create more of an impact, and a change. This is the goal of my presentation. I want people to feel a deeper sense of respect for dancers. I believe that learning about the history and relationship of dance will draw my audience in more. This youtube video gave multiple examples on how to express this assertive documentary.

YouTube. (2020). *Lester Horton Technique*. YouTube. Retrieved January 27, 2022, from <https://www.youtube.com/watch?v=4bPEaOK4TtQ>.

Another technique that is influential to that dance world is Horton. Horton is a very muscular based form of moving that uses many different muscles and tendons that would normally not be used. This video showcases the movement along with the music that is typically used for this exercise. I wanted to include Horton in my video because it is an important way of dancing that is different from what the audience typically sees. This source was useful because it was longer, so I was able to view the different dancers that were used, typically diverse, and the movement that was casted.

YouTube. (2020). *The Martha Graham Technique (c) 1975*. YouTube. Retrieved January 27, 2022, from <https://www.youtube.com/watch?v=FuCbs25LGh0>.

The best way to analyze dance is by watching it. Although you get much of the information through reading, some of the visual aspects cannot be defined by words. So for this source, I chose a video created by the Martha Graham Dance Company. I wanted to see how they displayed their work and techniques through males and females. They showed the different forms of dance, along with a musical composition

to follow. I will use this source as a form of an example. The analysis of the dance will be followed from a source I used earlier. This source is useful because it shows something that simply cannot be described.

YouTube. (2021). *Documentary Filmmaking Tips // How to Hook Your Audience*. YouTube. Retrieved January 27, 2022, from <https://www.youtube.com/watch?v=KThKuR4k3FU>.

I found this source useful because along with the intense tips that the author provided, he followed along with examples. One example was the beginning of Doomsday. He started off by explaining how to capture the audience from the first few minutes of on-screen time. He explained, if you cannot draw the audience to keep watching, you have made an unsuccessful attempt at filming a good documentary. Tools like music and lighting also play a huge role in film. The process of this can be difficult but in the long run, it will express the overall message. I took from the source the use of visuals and music combined to create something unique. When I am filming and editing my documentary, I will make sure I take use of these counterparts.

