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05/16/19

### **Loud thoughts**

Art is an ever-changing mixture of the intellectual and the emotional, the physical and the spiritual, which makes a virtue of subjectivity. It offers a unique means by which we can explore ourselves and our position in the wider world and is a way to exchange with other people about what we see and feel and think and sense. Art is a way of opening dialogue within and between individuals and communities.

Dance is a fully-fledged art form, belonging to the 'performing arts', a goal in itself and means of allowing a human being to express his inner feelings, thoughts and experiences. Dance is a natural form of self-expression: the body expresses itself naturally and so therefore does the spirit. We are all free willed beings, no matter what our personal situation may be. Through dance, our body expresses how free we are, while also highlighting the restrictions our minds impose on it.

Dance is the art form in which human movement becomes the medium for sensing, understanding, and communicating ideas, feelings, and experiences. Dance has its own content, vocabulary, skills, and techniques, which must be understood and applied to be proficient in the art. The elements of dance are the fundamental concepts and vocabulary for developing movement skills as well as understanding dance as an art form. Therefore, all these elements are simultaneously present in a dance or even in a short movement phrase.

In this piece, I wanted to interpret a guy's loneliness by sitting in the chair, one's loud thoughts under mask toward the outside world and the toughness of nature. a person's feelings before leaving their comfort zone to the wild, his explosion of emotions after his parents wanted him to be what they want and not what he wanted to be, throwing the mask of his parents' dreams to allow himself to express his own opinion. However, his family would push in the nails of his hands to make him be what they want but he ends up throwing it away too, all what his parents made by their gloves to raise him the way they want. He then resists to be himself and unfortunately, he just decided to leave without any words, to run away from all these obligations and rules that he wasn't born with just like a free bird with loud thoughts.