MONOPODY

Meaning: Monopody is a dance or theatrical technique characterized by movements or stances performed primarily on one foot, often used to express emotion or artistic expression.

1. The dancer's impressive performance showcased her mastery of monopody, captivating the audience with her fluid movements.

2. In ancient Greek theater, actors sometimes employed monopody to convey deep emotion through a single-footed stance.

3. The choreographer emphasized the use of monopody to create a striking visual contrast in the dance piece.

4. During the ballet class, the instructor introduced monopody as a way to enhance balance and poise.

5. Monopody can be a powerful tool in contemporary dance, allowing performers to explore unique expressions of isolation and strength.

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