Morton Dance Consulting - Helping Students Master Skills

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Questions to Ask Before Increasing Exercise Complexity

1. What is this exercise actually teaching?
Is the added complexity serving a clear developmental purpose, or simply making the combination more difficult?

2. Are dancers coordinating movement or surviving it?
Can dancers maintain clarity, timing, alignment, and organization, or are they relying on momentum and memorization to
get through the exercise?

3. What foundational skills does this exercise assume?
Have the necessary coordination patterns, strength, timing, and movement concepts already been established?

4. Does the exercise reveal understanding or conceal confusion?
Sometimes complexity masks technical gaps because dancers focus primarily on remembering the sequence.

5. Is the challenge developmental or merely complicated?
Challenge should deepen learning, not overwhelm it.

6. Are dancers able to maintain movement quality under increased demand?
When complexity increases, does the quality of movement remain clear and organized?

7. What changes when the exercise is simplified?
Simplifying material often reveals whether coordination is truly integrated.

8. Is the exercise appropriate for the dancers' frequency and training load?
Training progression must account for how often dancers train and how much information they can realistically absorb
and retain.

9. Are corrections becoming more effective or less effective?
If dancers are overloaded, corrections may no longer translate into meaningful physical change.

10. Does this progression support long-term development?
Effective progression is not about adding more movement as quickly as possible. It is about building coordination, clarity,
adaptability, and sustainable technical understanding over time.

Closing Reflection
Complexity has value, but greater difficulty does not automatically mean greater effectiveness. Thoughtful progression asks not simply whether dancers can complete an exercise, but whether the exercise is helping them develop deeper coordination and understanding.