

## INTERVIEW WITH HOLLY LAU

**Interviewee:** Holly Lau (HL)  
MFA Dance 1991 - The Ohio State University

**Interviewer:** Rashana Smith (RS)  
MFA Dance 2012 - The Ohio State University

**RS: What classes do you currently teach at the time of this interview?**

HL: Dance Composition, Advanced Composition, Dance Repertory, Dance History, Improvisation, and Introduction to Dance at the University of Memphis.

**RS: Do you teach or refer to Vickie's Weight Studies material in your classes?**

HL: I do in the composition classes

**RS: How did working with Vickie change or affect how you teach, choreograph, and/or perform?**

HL: Working with Vickie in composition and particularly the weight studies got me in my body more than I had before. Therefore, as a teacher it taught me how to see, give feedback and guidance to students disconnected from their relationship to gravity. I do a unit on weight in both of my composition classes. I see how it helps students discover new ways to move and new places to move from. The weight studies provided me with a visceral experience and the ability to temper that visceral experience depending on what I needed to say through dance. Exploring weight teaches about one's preferences and allows the dancer to understand how deeply rooted a particular relationship to weight can be- without awareness of that our movement variation is limited. With that awareness, you can break habitual patterns.

**RS: What did you take from the experience of working with Vickie?**

HL: I made very strong work out of the composition class. I think the approach moved my choreographic self out of my head into a more felt place and this worked well for me. It connected me to flow. I moved beyond steps and shapes.

**RS: Any anecdotes you'd like to share?**

HL: Because the weight studies connected me to a deep place psychologically, I struggled with 2 (out of 3), which were outside my comfort zone. Lightness in particular was very hard for me to find. That composition study drove me crazy...but was probably the strongest learning experience I had. I had to allow for change and transformation to occur. I loved resiliency.