

"SOME TERRIBLE GHOSTS"
("ALGUNOS FANTASMAS TERRIBLES")

Choreography by Violeta De León Dávila 2004

-Some terrible ghosts that in our dreams wake up and go out of their way to be present, over and over again.-

Sleep consists of four stages, deactivation, muscle relaxation, sleep and awakening. The choreography focuses on the third stage, which is the dream, making a connection with the "pillow" element between the person who sleeps and dreams and her representation in the dream who is the one who wears the element; the rest are circumstances, problems, demons and ghosts that develop during sleep to become a threat that completely disturb us, inside and outside the dream.

Within the choreography I accentuate one of the characteristics of the dream, which is the R.E.M. (Rapid Eyes Movements) which is in synthesis the movement of the eyes when seeing the dream and also includes some of the sensations that most of us have ever experienced when having a bad dream or a nightmare:

- The feeling of being chased that never seems to end and not knowing with certain who or what persecutes us.
- When we fall into sleep and your body reacts automatically by jumping out of bed or moving your leg, etc ...
- The anxieties that consume us and are represented in dreams when teeth, hair or any part of your body fall out, the feeling of loss is so real that when we wake up, the first thing we do is make sure that everything is in its place .
- The repetition of a constant in the dream that does not stop, be it a complete dream, part or a symbol that appears again and again and that is also perceptible by us and makes us shudder every time it occurs.
- The helplessness that we sometimes feel in a dream when we cannot run as fast as one would like, or simply feel that your body does not respond and although you try to run, your speed is extremely slow; Or maybe when you hit someone your blow has no effect or force on the other person.
- The screaming, crying, the tension in our body, be it the legs, the jaw, the arms etc ... that reveal that we have passed or are going through a bad dream.

The choreographic work is based on one's own experiences, it does not give solutions or opinions, it is simply to capture moments and images where most of us can feel identified.