

# BODY LANGUAGE

## EXPLORING MOVEMENT AND GESTURE IN FASHION

### ***Proposal:***

For Project 2, the focus will be on exploring body language and gestures as a source of inspiration in fashion design. Building upon the concept of encouraging self-expression and empowerment from Project 1, this project aims to delve deeper into the beauty of movements and body language, while also addressing societal norms and women's rights. The main collection will embody the essence of gestures and frozen moments in time, celebrating individuality, self-love, and breaking free from insecurities. The diffusion line will provide affordable and empowering fashion options, specifically tailored for dance performances.

### Research and Conceptualization:

**Body Language and Gestures:** Conduct in-depth research on various forms of body language, including dance movements, expressive gestures, and theatrical expressions. Analyze the meanings and emotions conveyed through these movements, paying particular attention to the choreography of your modern dance piece "Insecurities" as a primary source of inspiration.

**Frozen Moments:** Explore the concept of freezing a moment within a movement and translating it into fashion design. Investigate techniques and fabric choices that can capture the dynamic qualities of the gestures while appearing frozen in time. Experiment with draping, pleating, and structural elements that mimic the fluidity and energy of movement.

**Performance Art Influence:** Incorporate elements from performance art into the collection. Study renowned performance artists and their use of body language, gestures, and costumes. Draw inspiration from their innovative approaches to movement and self-expression, integrating those influences into the design process.

**Women's Empowerment:** Research how women use gestures and body language as a means of voicing their opinions and breaking societal norms. Examine the relationship between women's insecurities and societal beauty standards. Incorporate designs that challenge these norms and celebrate diverse body types, promoting self-love and acceptance.

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## EXPLORING MOVEMENT AND GESTURE IN FASHION

### Collection Development:

**Avant-Garde Main Collection:** Create a collection of avant-garde designs that embody the beauty of movements and frozen gestures. Experiment with unique silhouettes, architectural shapes, and fabric manipulation techniques to capture the essence of the choreographed dance piece. Incorporate elements such as exaggerated sleeves, asymmetrical draping, and structural details that highlight the frozen moments within the designs.

**Dance Performance Line:** Develop a diffusion line specifically tailored for dance performances, catering to modern dance and ballet. Design practical and functional pieces that allow dancers to move freely while showcasing the beauty of gestures. Focus on comfortable fabrics, stretch materials, and innovative construction techniques to enhance performance capabilities.

**Emphasizing Empowerment and Inclusivity:** Ensure that both the main collection and diffusion line promote empowerment and inclusivity. Use a diverse range of models to reinforce the message of embracing individuality and breaking free from insecurities. Incorporate empowering motifs, slogans, or symbols into the designs to further communicate the collection's underlying themes.

The goal of Project 2 is to explore the connection between fashion, body language, and gestures. By infusing elements from your modern dance choreography, incorporating performance art influences, and addressing societal norms and women's empowerment, this collection aims to celebrate self-expression, empower individuals, and challenge beauty standards. The main avant-garde collection will embody the frozen moments of gestures, while the diffusion line will provide accessible and empowering fashion options for dance performances. Through this project, you aim to i

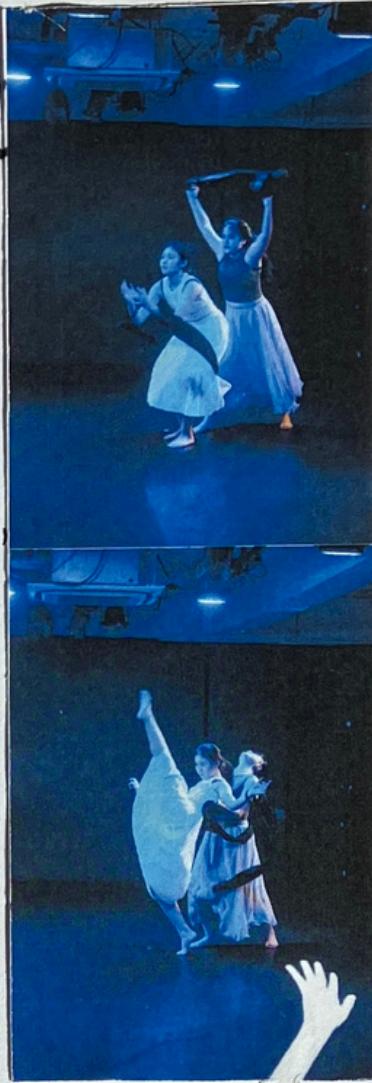
# MY CHOREOGRAPHY

0:00 Starts with a monologue and struggling moves



Projection of the fast-paced city we live in and the words/comments that are made on us

0:30 Coming out one by one, we try to break through the criticism made upon us



✓ the fabric tied upon our wrists is made by   
 b symbolizing all constraints and struggles we face together

↙ moves the "break-free" from constraints

## INSECURITIES

Classic contemporary moves that articulates / expresses the sense of "breaking-free" and self-expression



# THEME :

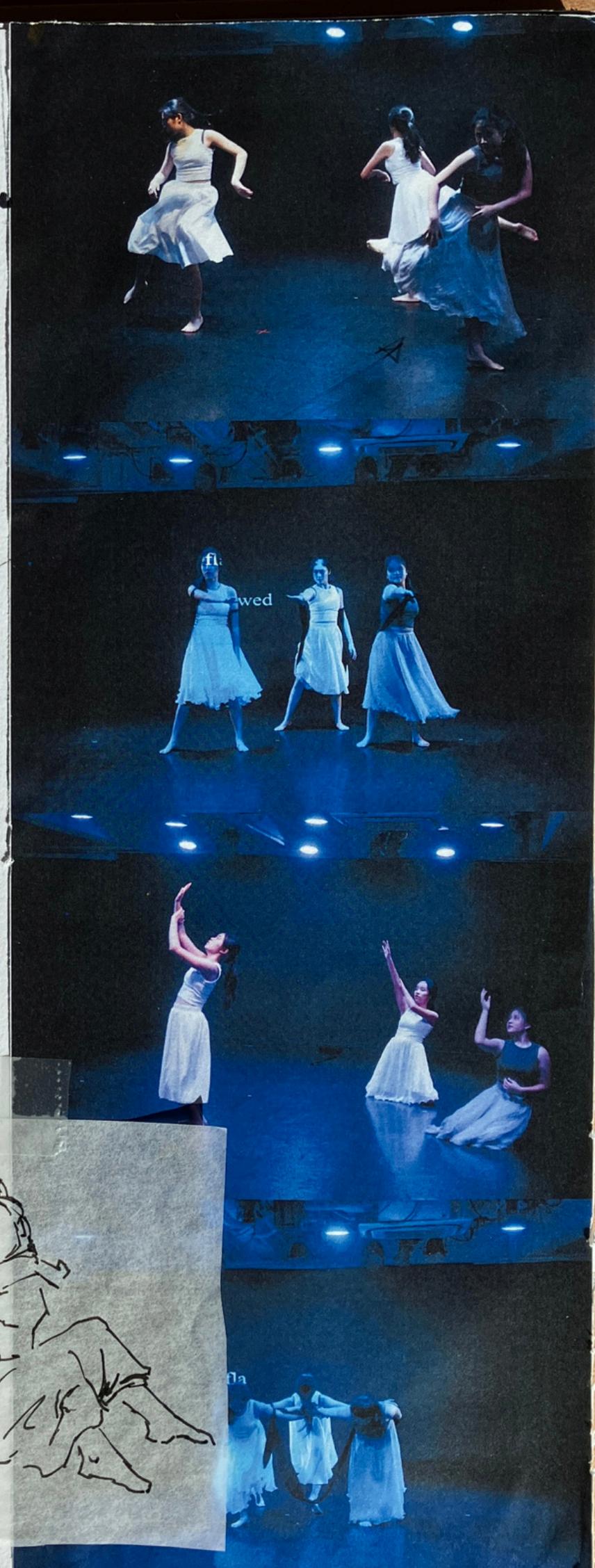
Insecurities → Self-acceptance

↳ learning to contain all flaws of ours

moves designed  
to interact with audience  
and tell a story of  
curing away insecurities.

[outfits]

All made by me where  
I was in grey, representing  
the inner insecurity while  
the other two represents  
the outer-self.





100



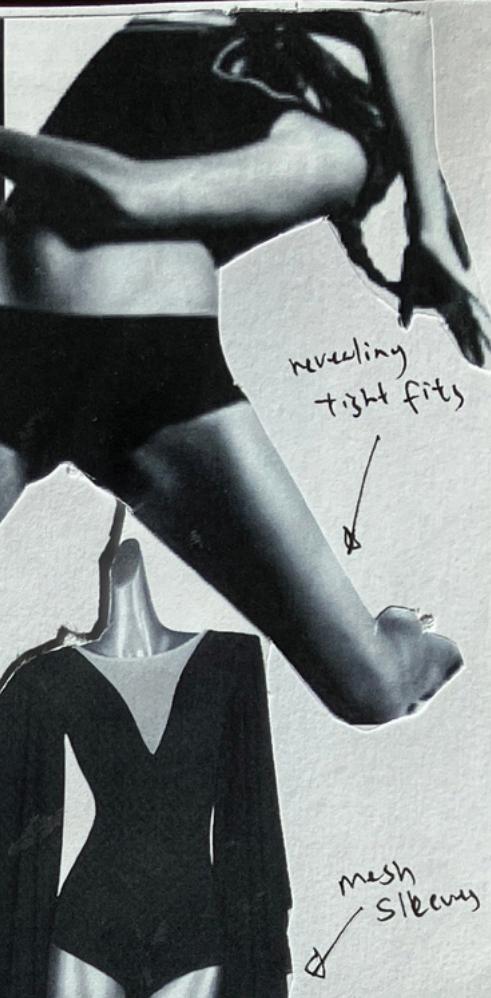




Contrast in tight  
loose



Flowing  
fabrics



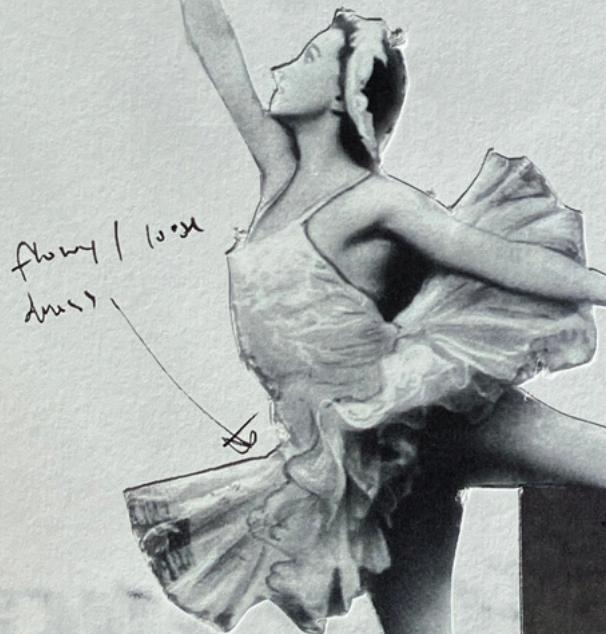
revealing  
tight fits



mesh  
sleevs

## MODERN DANCE DANCEWEAR

Body suit



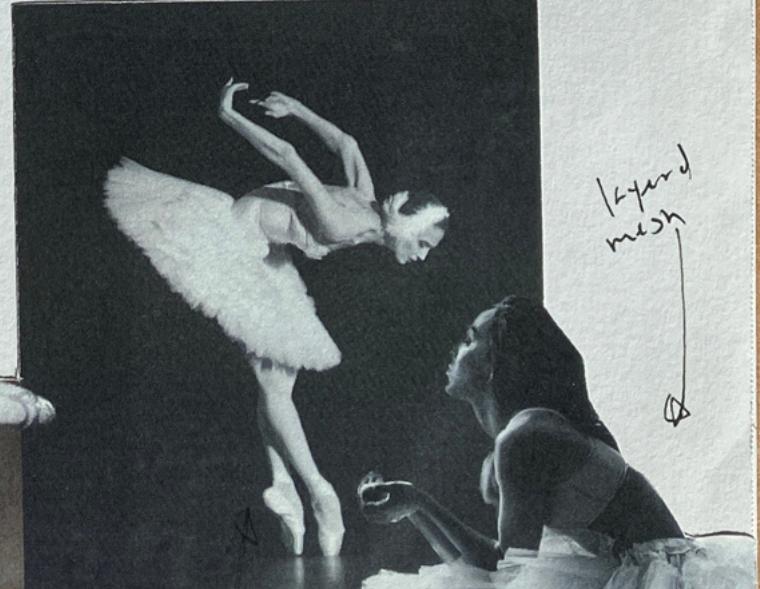
flowy / loose

Body suit +  
TUTU

Point  
Shoes



## BALLET DANCEWEAR



layered  
mesh

Stockings



# PHOTOGRAPHY STUDY

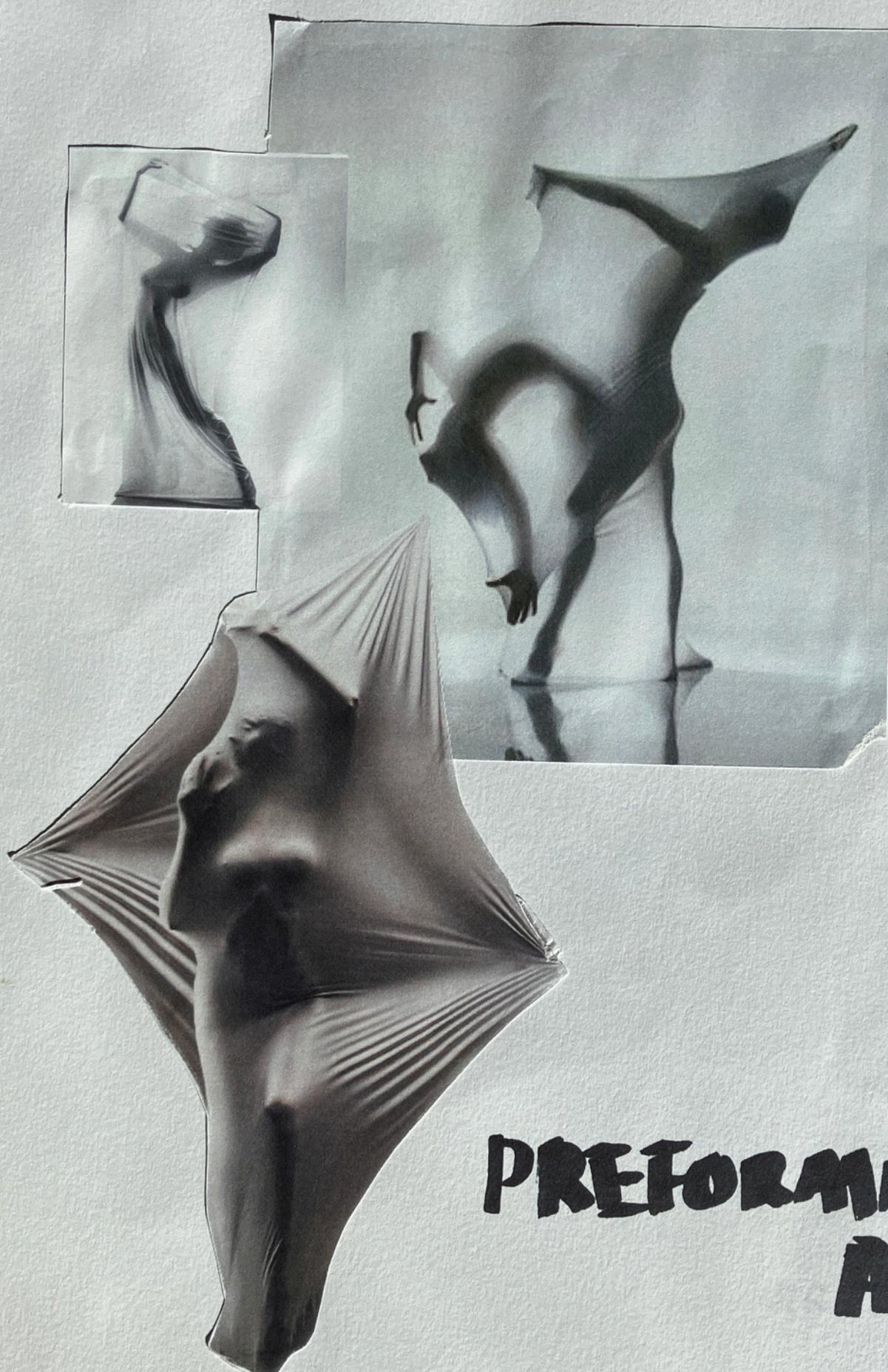


London - Based photographer Neal Grundy's "Dancing fabric"

flowing forms of  
fabric in motion

Dynamic that is  
frozen in time

Experiment with draping / structural  
elements that could mimic the  
fluidity and energy of the movement



# PREFORMANCE ART

— constrain & suffocate











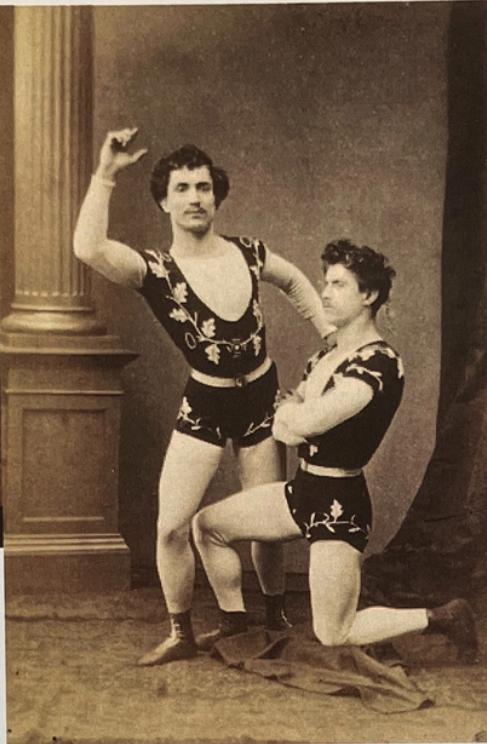
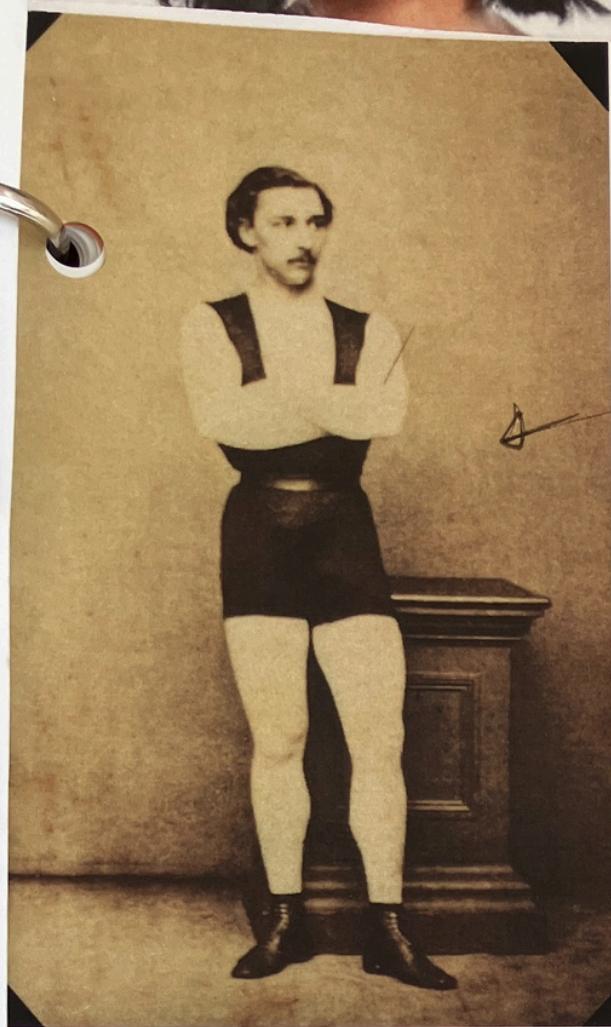




# LEOTARDS

1800s in France

Jacques Leotard



## Functions:

- \* creating lines & shapes that evokes emotions
- tight-fitting ▷ see things that should be adjusted
- \* see the skill and range of movement
- \* prevent hazards from baggy clothes



standard leotards

Singlet



Going back to our second question, "why does the leotard look the way it does? What is the purpose? Well, ballet is an aesthetic performance. It's all about lines and shapes that look good. It's all emotions. Now, these lines and on stage emotions can actually be quite true, often concealing, but the costumes can correct the body's shape. If you have to see it in order to why do you want to shape, rehearsing how we wear it. That's generally required to wear very tight-fitting clothes. So we can see the things that are generally required to wear need to be adjusted and so on. So our coaches can correct us. So we adjust, and especially it's often aches can requirement that you wear only tights, a leotard and possibly a skirt. As we sculpt our bodies we must see them. As we sculpt our bodies we must see them.

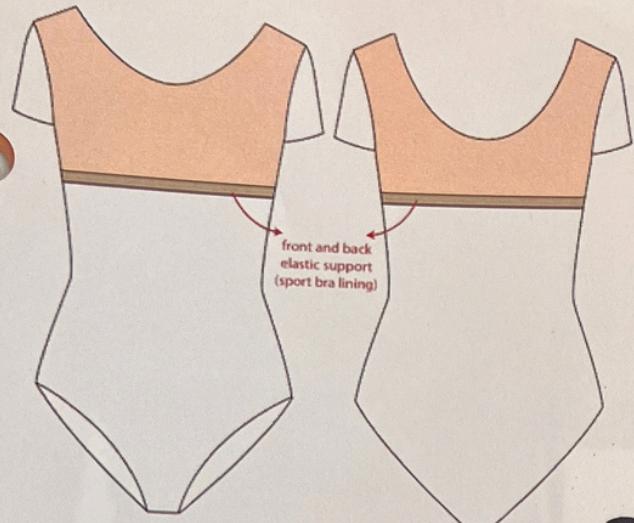
We also have modern ballet productions that only have

We also have a leotard on, just for a costume and this is purely for the audience to see the skill and range of movement for the audience to see the body has. These tend to be more "athletic" ballerinas. The good has these to be more "athletic" ballerinas that include many wide movements, exaggerated classical movements.

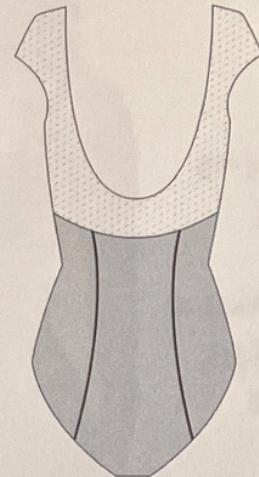
→ arms  
up  
th upper  
body  
& the legs

→ unitards

only  
covers  
up half  
of the  
thigh



↳ creating different seams and cutting to provide stronger bust support in leotards



## BUST SUPPORT

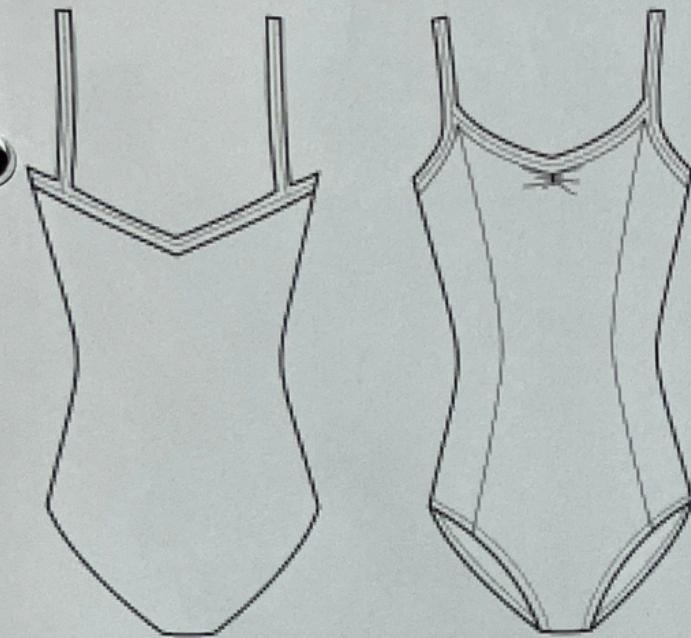
Venere - CL 2



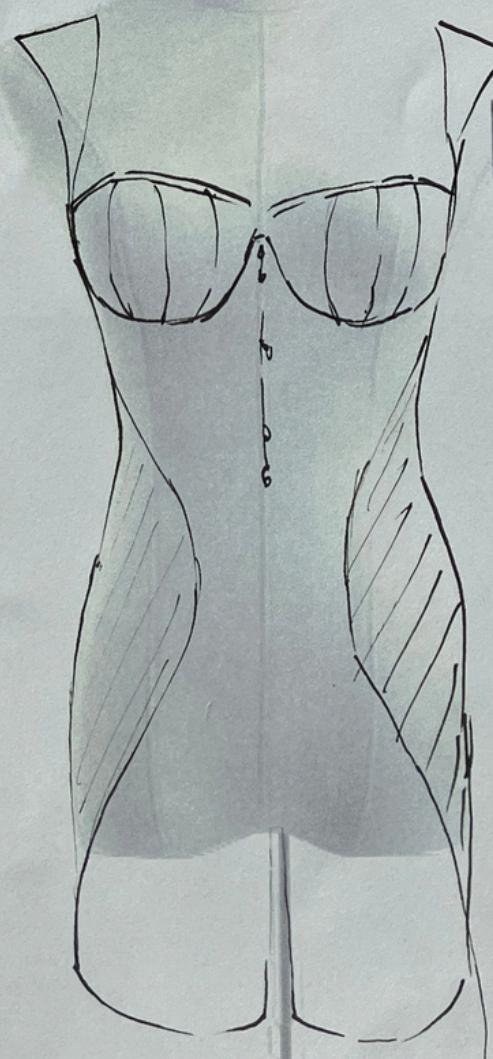
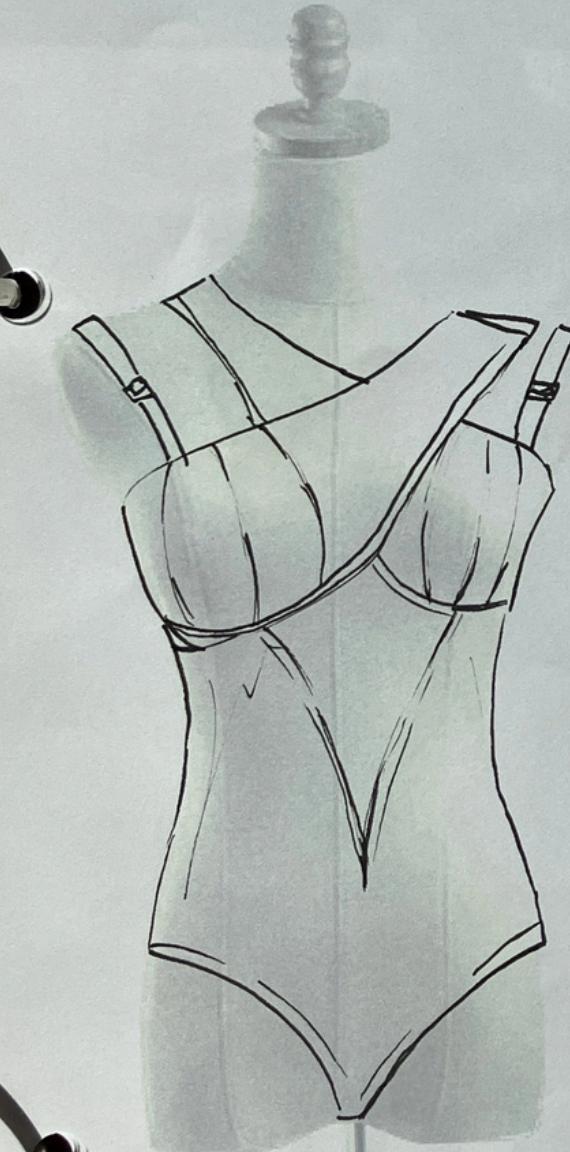
↳ insert bra pads for most adult leotards

- ↳ Not friendly to bigger bust
- ↳ moves out of place
- ↳ Does not cover the whole bust





experimenting  
with  
seams &  
bust caps  
neckline  
shapes







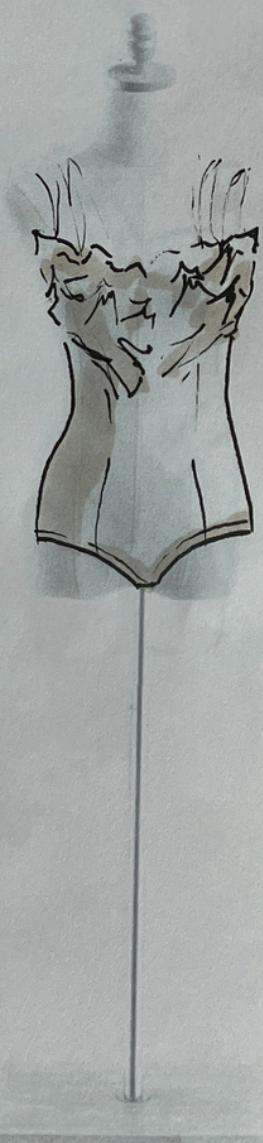
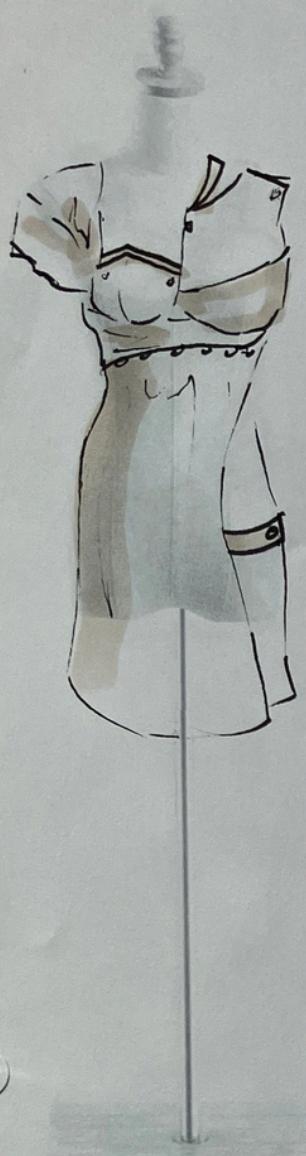


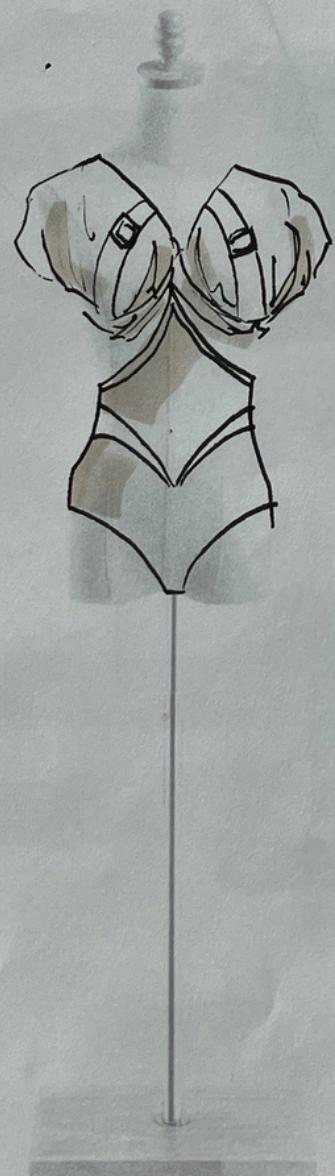
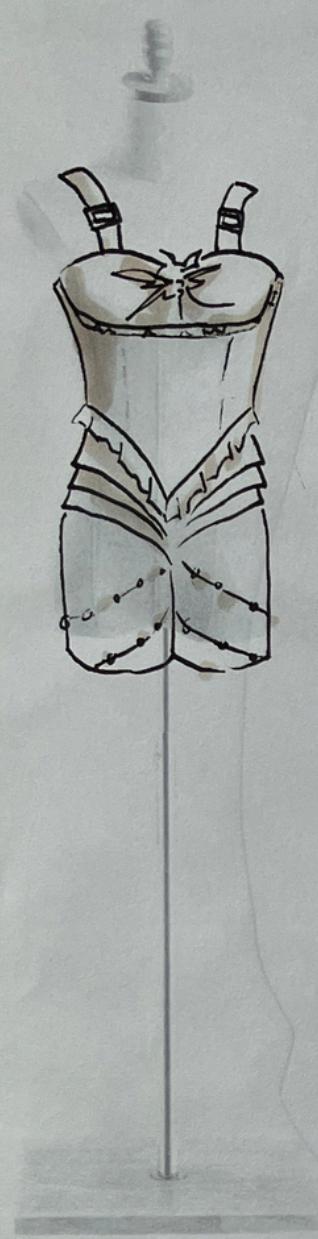


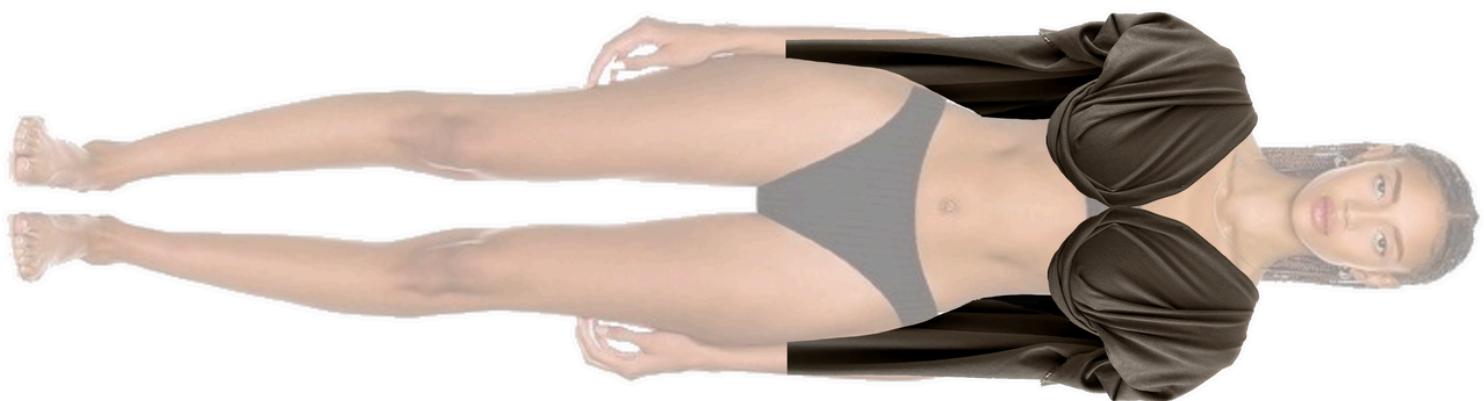




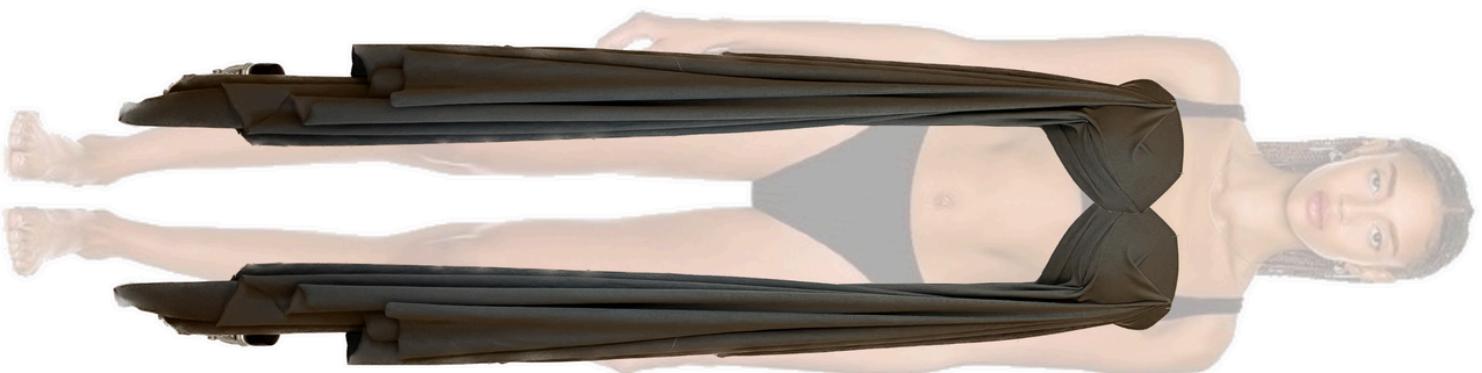




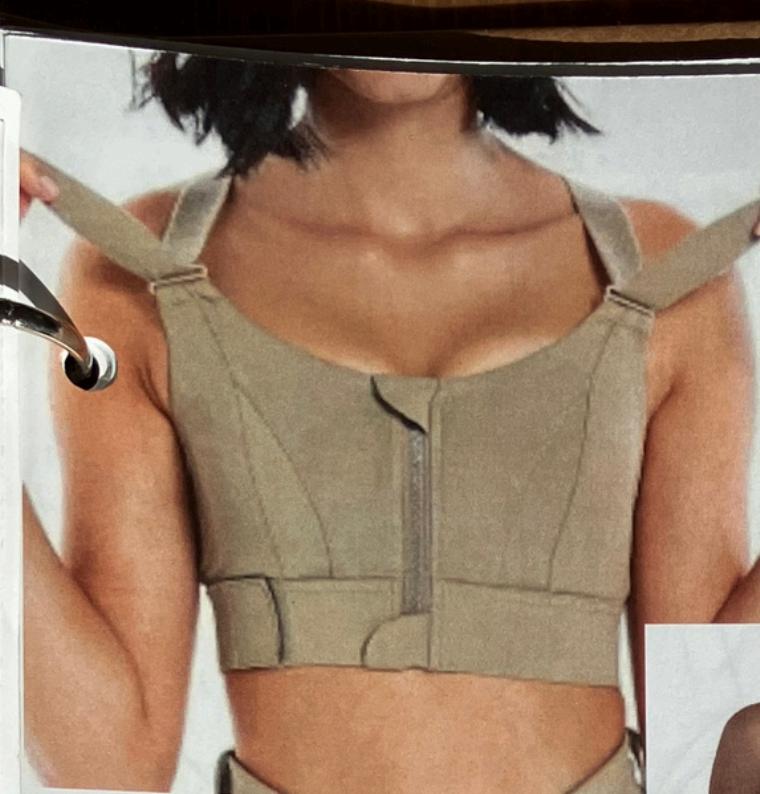












① Adjustable straps  
↓  
ensure second fit /  
accommodates different body shapes

② seam placement  
↓  
seam placement around the chest  
→ natural curves

③ with elastic bands  
to stronger hold to bust  
by distributing weight

④ removable / insert padding

⑤ cross-back designs

## DESIGN ELEMENTS

⑥ Front closure options  
→ zipper / snaps / hooks

## FABRICS

↗ Breathable / Moist-wicking  
supporting mesh / power mesh

↗ spandex



19th Century - Romantic Tutu

→ multi-layered skirt reaching to mid calf



Romanticism Ballet D'Action



## DANCEWEAR THROUGH THE AGES

### Ballet Bodice

→ to keep body  
in shape

→ elegance















