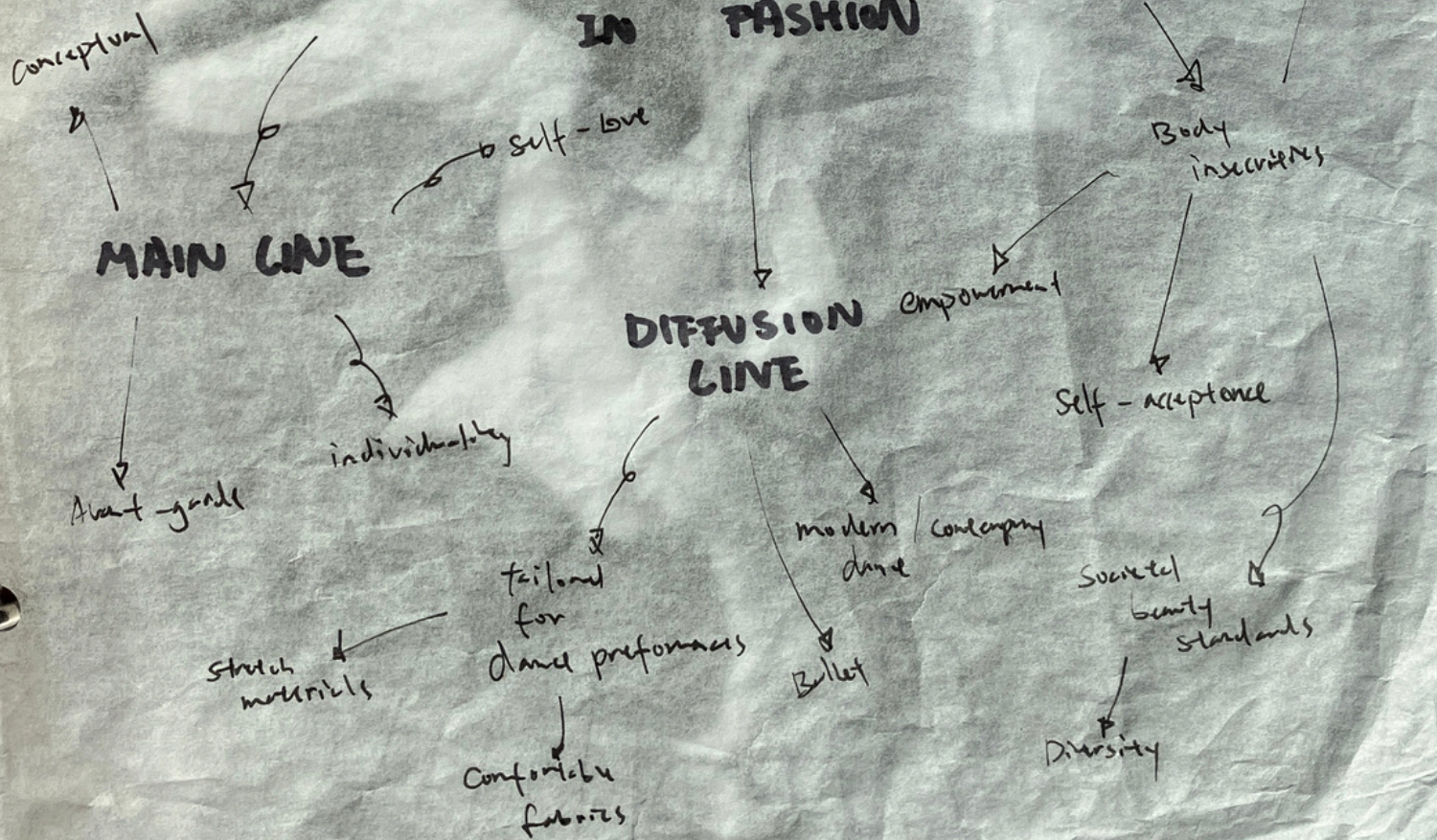


## EXPLORING MOVEMENT & GESTURE IN FASHION







# 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.





# BODY LANGUAGE

## 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 pace city we living in and the words/comments that is made on us

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

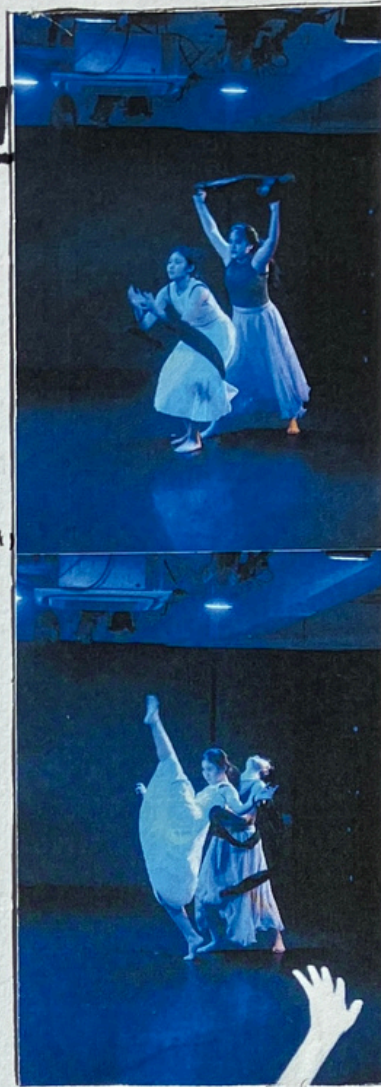
the fabric tied upon the our wrist is made by

Symbolizing the constraining and struggling we face together

moving through "break-free" from constraining

## 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  
casting away insecurities.

Outfits

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















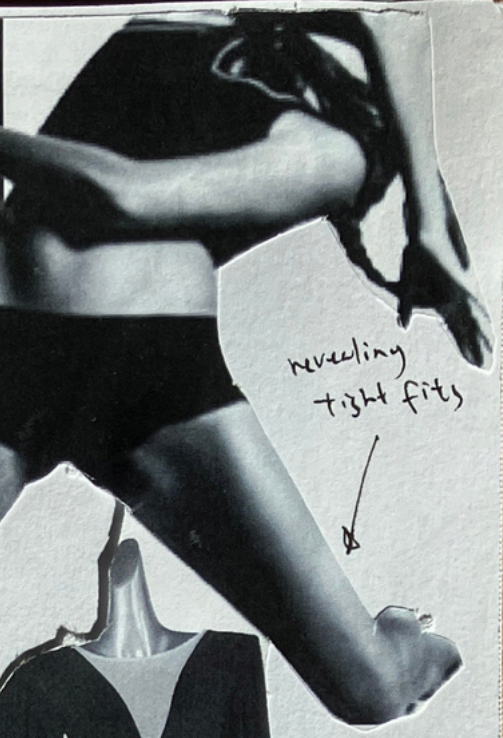




Contrast in tight loose



Flowing fabrics



revealing tight fits



Body suit



mesh sleeves

# MODERN DANCE DANCEWEAR



flowing / loose dress

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

Dynamics that is frozen in time

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





# PERFORMANCE ART

constrain & suffocation



























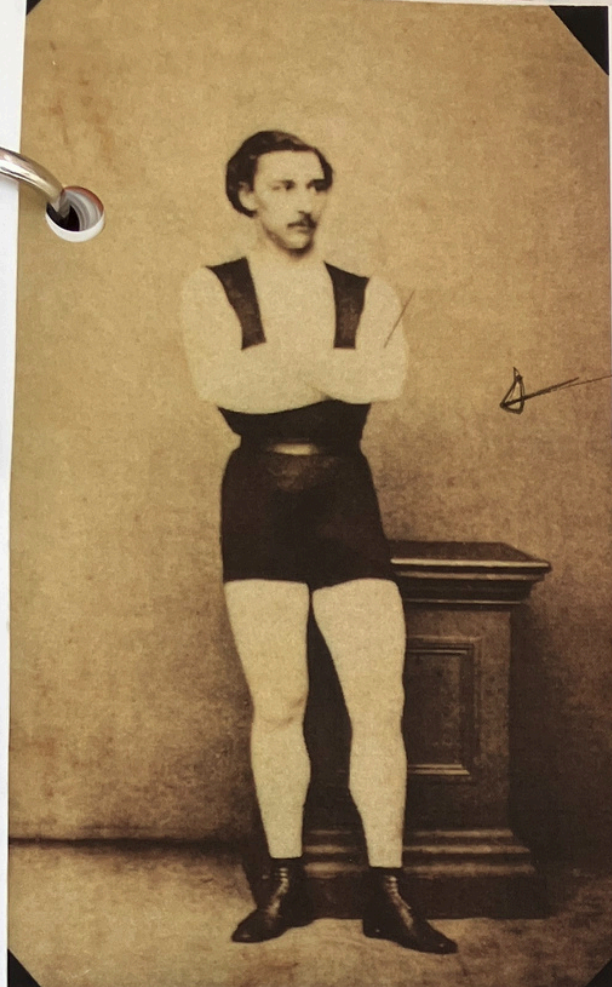




# LEOTARDS

1800s in France

Jacques Leotard



Going back to our second question, "why does the leotard look the way it does?" What is the purpose? What does the aesthetic form. It's all about creating lines and shapes that evoke emotions. Now, real men on stage costumes can actually describe, true, often concealing, but in order to correct the body and shape it, you have to see it. That's why we have to shape and rehearse how we are generally required to wear very tight-fitting clothes. We can see a leotard and need to be adjusted, and especially, it is often a requirement that you wear only tights, a leotard and possibly a skirt. As we sculpt our bodies we must see them only tights, a leotard and possibly a skirt. As we sculpt our bodies we must see them.

We also have modern ballet productions that only have a leotard or unitard for a costume and this is purely for the audience to see the skill and range of movement the body has. These tend to be more "athletic" ballets that include many wide, exaggerated classical movements.

## Functions:

\* creating lines & shapes that evoke emotions

→ tight-fitting ▷ see things that should be adjusted

\* see the skill and range of movement

\* prevent hazards from laggy clothes

standard leotards



unitards

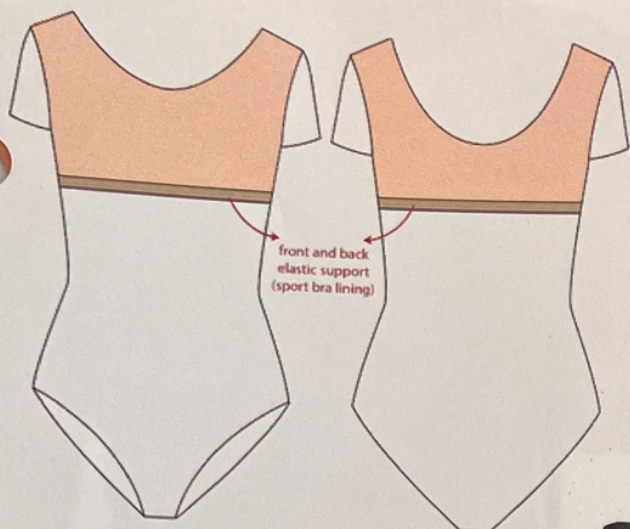
covers up the upper body & the legs

only covers up half of the thigh

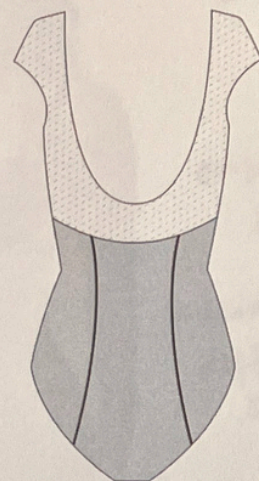
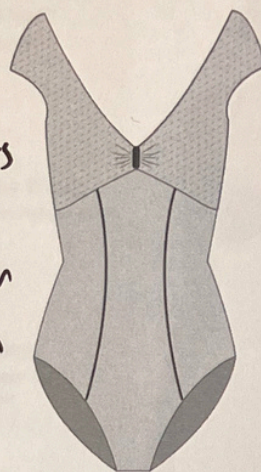
Singlet







✦ Creating different seams and cutting to provide stronger bust support in leotards



## BUST SUPPORT

Venere - CL 2



insert bra pads for most adult leotards

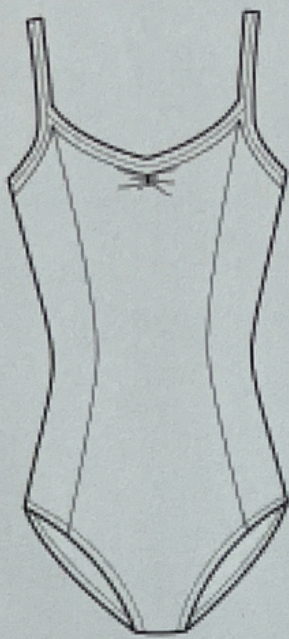
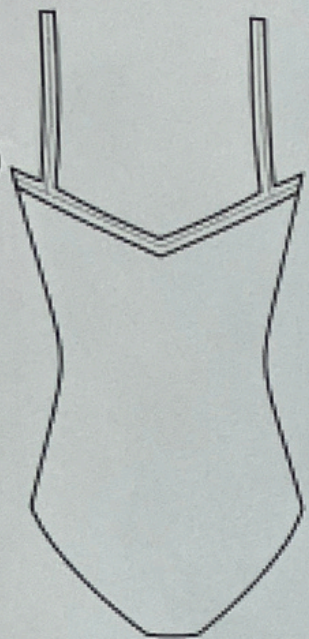
✦ Not friendly to bigger bust

✦ moves out of place

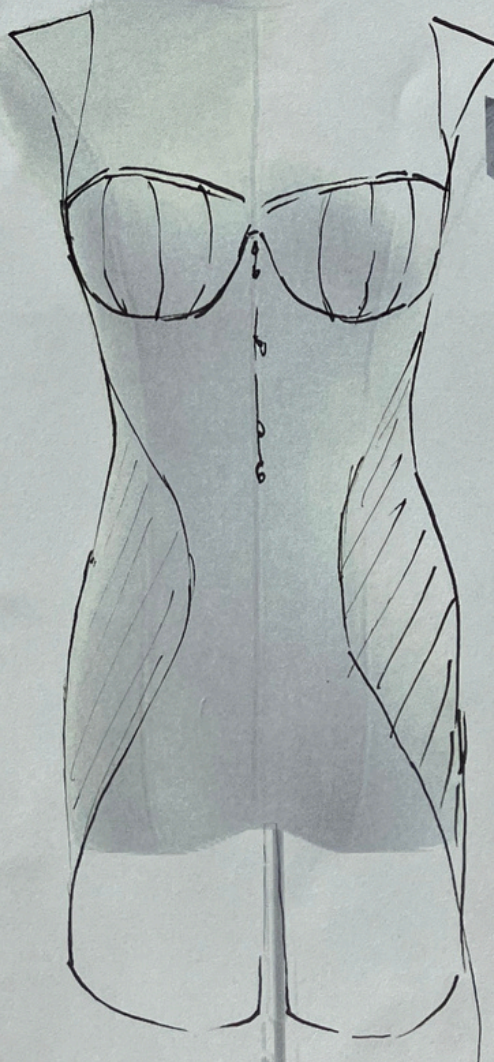
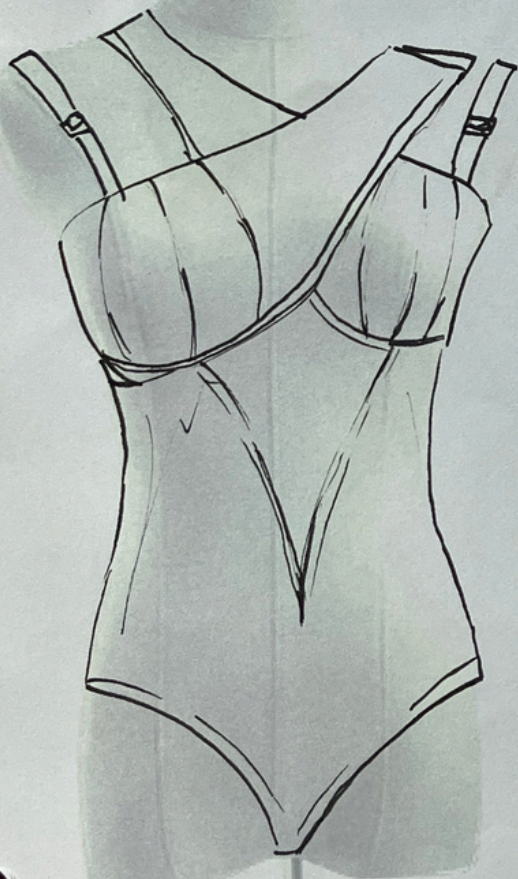
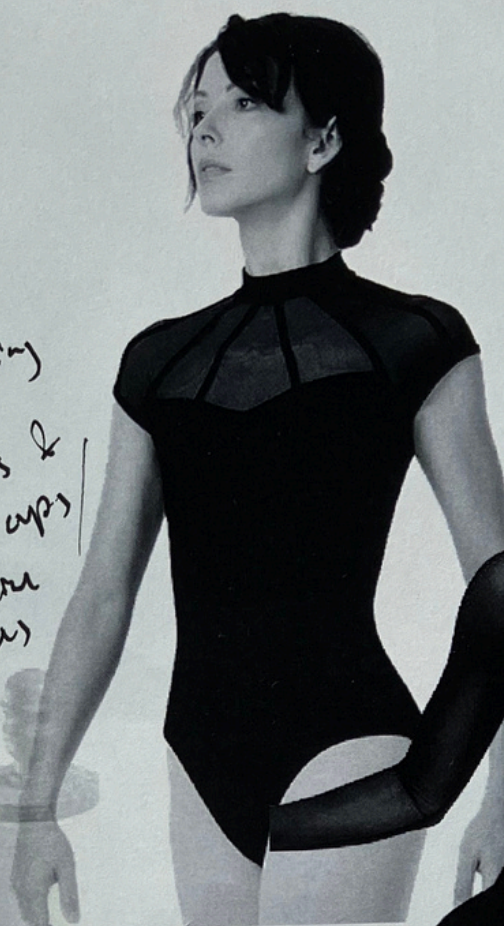
✦ Does not cover the whole bust







experimenting  
with  
seams &  
bust cups  
neckline  
shapes



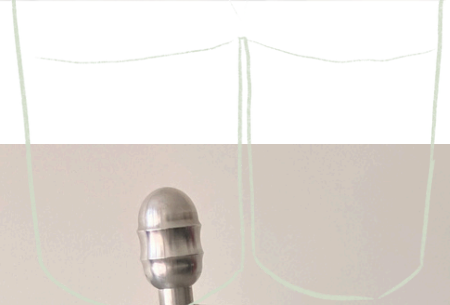




















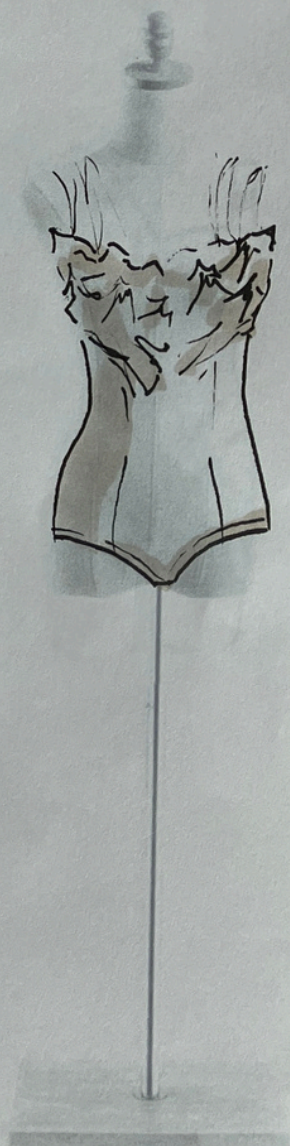
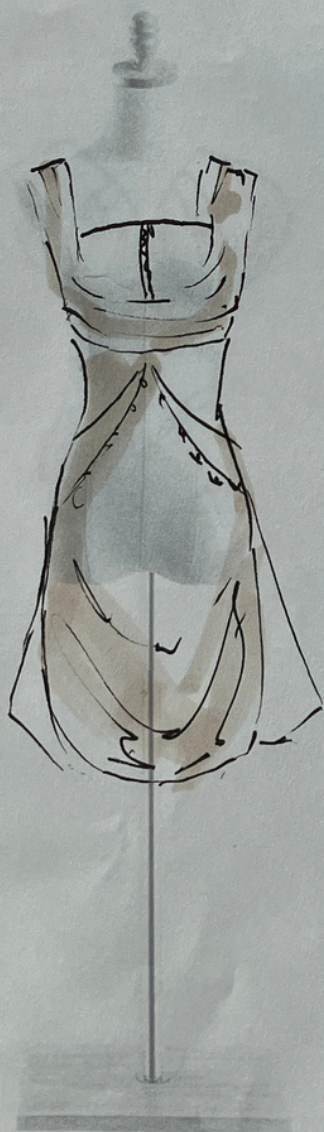
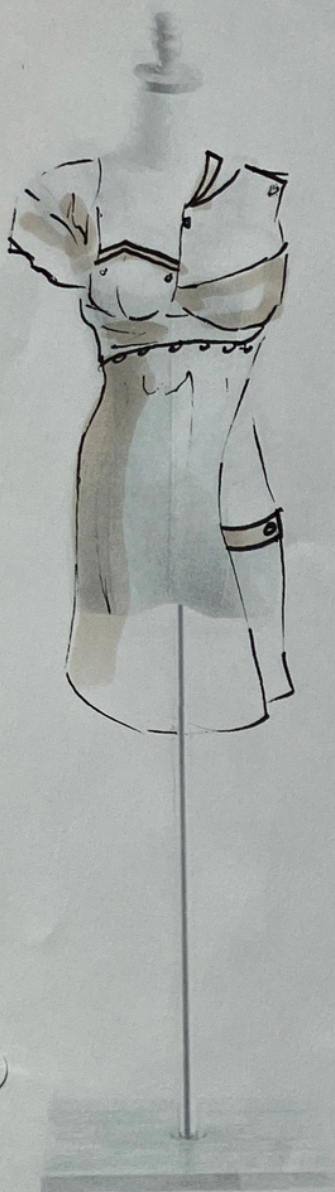




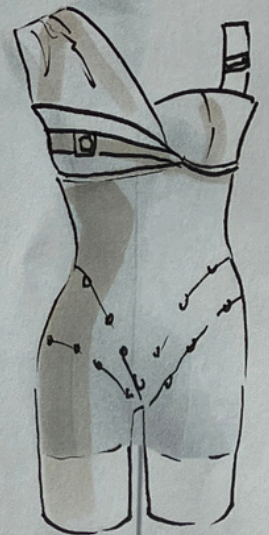




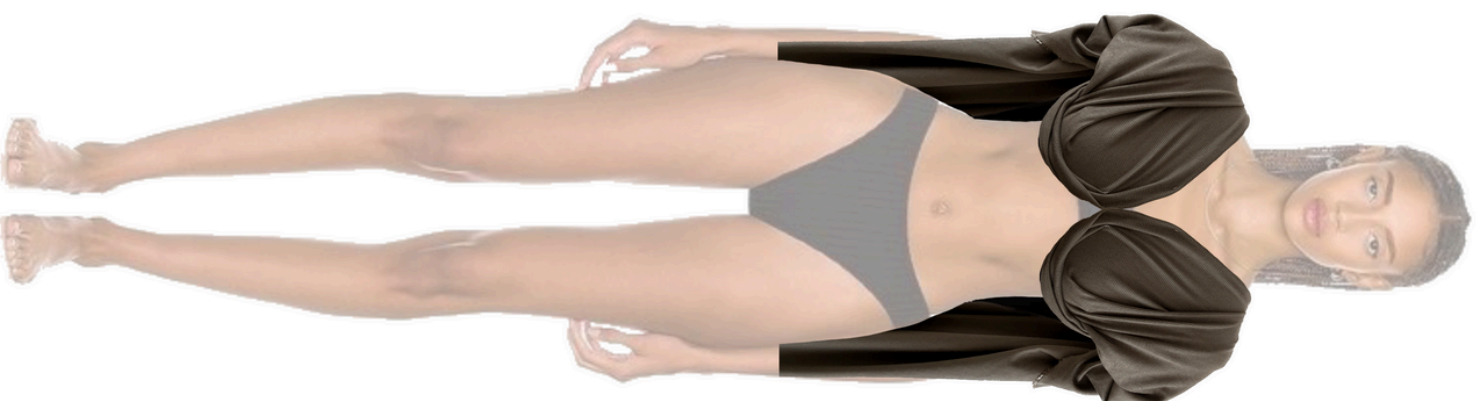








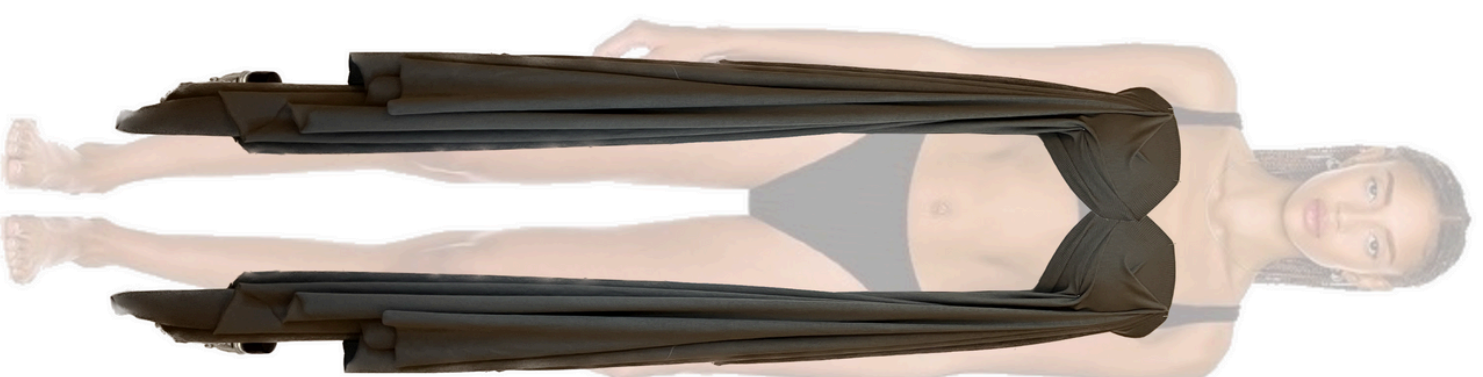




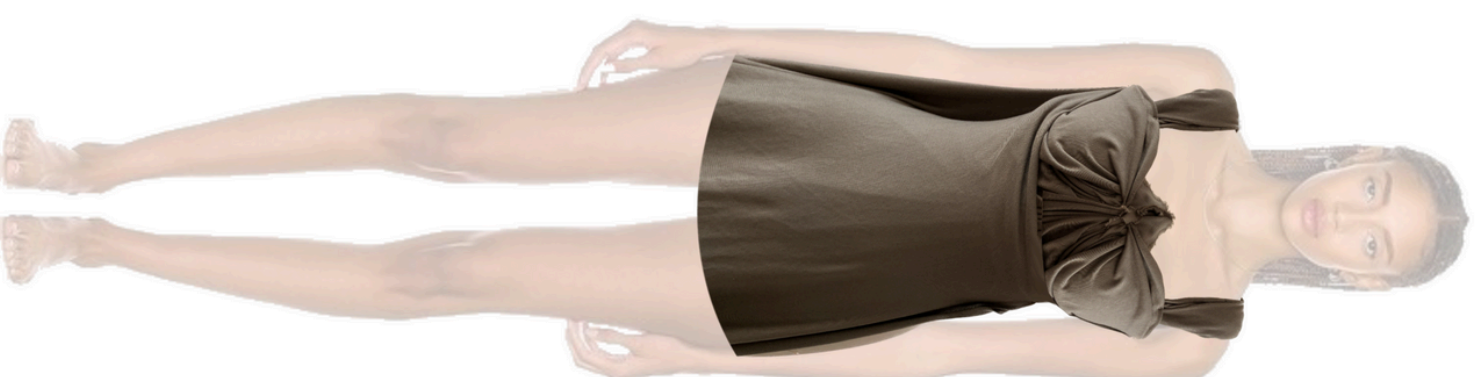
















① Adjustable straps  
↓  
ensure secure fit / accommodates different body shapes

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

③ With elastic bands  
↳ stronger hold to bust by distributing weight

④ removable / insert padding

⑤ cross-back designs



under bust bands



## DESIGN ELEMENTS

⑥ Front closure options  
→ zipper / snaps / hooks

## FABRICS

- \* Breathable / Moist-wicking
- \* supportive mesh / power mesh
- \* spandex



ideas for main collection



waist



19th century - Romantic Tutu

→ multilayered skirt reaching to mid calf



## DANCEWEAR THROUGH THE AGES

Romanticism Ballet D'Action

Ballet Bodice

to keep body in shape

↓  
elaborate

→ neckline is always visible

beadings

a lot of seam arrangement

→ Strong bust support





























