CONTENTS

Preface *Jason Beechey* 5

Introduction *José Biondi* 8

1. The iCiF Model
1.1. Individual coaching *José Biondi* 15
1.2. Interactive feedback *Grit Reimann* 19

2. The Category System 30
2.1. Learning process *Robert Prescher* 32
2.2. Condition *Andreas Starr* 35
2.3. Dance-specific coordination *Katja Borsdorf* 41
2.4. Breath *Katja Borsdorf* 59
2.5. Performance aspects *Andrea Wolter* 63

3. Evaluation *Robert Prescher*
3.1. Methodical approach 79
3.2. Planning, implementation and follow-up of the interviews 84
3.3. Data evaluation 92
3.4. Results 94
3.5. Summary 104

4. Outlook *José Biondi* 106

5. Appendix (worksheets on the category system) 108
5.1. Learning process 110
5.2. Condition 111
5.3. Dance-specific coordination
5.3.1. Dynamic alignment 112
5.3.2. Articulation 113
5.3.3. Dynamic differentiation 114
5.3.4. Rhythmic differentiation 115
5.3.5. Spatial differentiation 116
5.4. Breath 117
5.5. Performance aspects 118

6. Contributors **119**