

The Dash Between

by

Adrian Jones

A Signature Honors Project Presented to the

Honors College

East Carolina University

In Partial Fulfillment of the

Requirements for

Graduation with Honors

by

Adrian Jones

Greenville, NC

May, 2025

Approved by:

John Dixon

School of Theatre and Dance, College of Fine Arts and Communication

CHOREOGRAPHIC RESEARCH & DESIGN PORTFOLIO:

Your sourcebook entries and associated research can be used not only to enrich the development of your choreographic process but also as means to communicate your ideas to all associated designers working with you. This project is designed to focus your research towards communicating with lighting, sound, set and costume designers. Please include all aspects of the areas listed below unless it is indicated as “optional.” The idea is to help collaborating designers understand the world you are creating so that their choices support the overall development of the work.

- Explanation of concept:
 - Write a paragraph or two describing your concept or range of thoughts (questions, images, ideas, etc.) regarding the work.

This piece essentially questions the balance and use of time in our daily lives. We juggle so many things and carry so many burdens that we often forget to think and live simply and find joy, especially in our interpersonal relationships. I often take time spent with others for granted because I invest so much in my career. In a way, this piece asks a lot of “What if?” questions and deals with the regret and redemption of my path of life.

- Number of dancers: 11

- Description of overall tone or mood of the work:

This work is primarily upbeat, bright, and fun. The music has a 70's beachy vibe to it and the costumes are all vibrant colors. The goal is for the piece to feel vintage yet fresh.

- Description of style of dancing: Jazz/contemporary fusion

- Visual Elements: (describe each as appropriate to your work)

- No props
- Makeup TBD
- Women's Costumes: <https://m.shein.com/us/SHEIN-Clasi-Spaghetti-Strap-Pleated-Vacation-Dress-Orange-Pink-Abstract-Print-Elegant-Summer-Outfits-For-Women-Vacation-Outfits-Business-Casual-Woman-Cute-Summer-Western-Wear-Women-Boho-Women-Clothing-Old-Money-Style-Easter-Outfit-Women-Rave-Outfits-Festival-Concert-Sun-Dress-p-60081619.html>
- Men's Costumes: Green and blue shirt of similar pattern, khaki or black shorts

- Music: “GOOD TIMES”, “Happy Man”, “Good at Breaking Hearts”, “Dry Your Tears”, “Keep Moving”, “Can’t Stop the Stars” by Jungle
- Visual Images:
 - Include any visual images that are a part of your research. These can be directly related to the overall tone or quality of work, color palette, content, specific images in the work, costume ideas, etc., but can also be more associative in nature. There is no limit to this – whatever you feel is appropriate and helpful to your creative dialogue with your designers can be inserted here. However, 10-15 carefully chosen images can have far more impact than the “kitchen sink” approach.



- Text and Other Media: Optional
Good at Breaking Hearts MV:
<https://www.youtube.com/watch?v=rIc-8nzR5GI>

https://www.youtube.com/watch?v=q3lX2p_Uy9I

The Dash Between
by Linda Ellis copyright 2024

Between the date when we arrive
and the date we go away,
there exists a horizontal line
that captures every single day.

And because these days we're living
seem to vanish in a flash,
we need to make the most of
that special little dash.

We are blessed with opportunities
as we tread the grounds of earth
to build the loving legacy
our own dash will be worth.

To focus on what matters,
not on things we've owned or bought,
and smile every chance we get,
and love with all we've got.

For the duties of our daily life --
the job, the house, the cash
affect the way we get to live
our only little dash.

So, appreciate the here and now
as each moment will unfold
because we're never told beforehand
how much time our dash will hold.

Don't spend this time with worries,
bitterness and fear.
The future may be uncertain,
but right now, your dash is here.

If you need to make some changes,
let this be the day you start --
to make a difference with your life,
show the love that's in your heart.

For how you spend this life
will someday be defined
by everything that is remembered
in the dash you leave behind.

- Specific Lighting Ideas/Desires:
 - Write out any desires you have for lighting. This can be fairly simple (clean with warm fill) or more complex (hoping for a lot of hard lines and angles creating areas of light and shadow). This is particularly important if you imagine a specific light for a specific purpose that is out of the ordinary. These are called “specials” and should be communicated as early as possible to the lighting designer.
- Rehearsal Videos:
 - Upload to youtube or transfer files directly to designers for their reference.