

Description of the project + Title of Angelina Pico

Title: Torsion

This diploma project explores the complex relationship between dance and my physical well-being, emphasizing both its positive and negative aspects. Throughout this work I have been captivated by the duality of dance. With scoliosis as a backdrop, dance proves to be not only as a passion, but also an indispensable therapeutic tool. Analysis of the effects of dance on my body reveals a subtle balance between physical exertion, pain management, emotional release and dependence. Dance has thus become a powerful addictive force, essential to my well-being.