Lateral Bias Self-Evaluation

For the Teacher:

- When I teach a new skill is it always presented to the dancer’s right leg/side first?
- How many practice repetitions do I give on the right and left side?
- Do I assume dancers can automatically transfer a combination from one side to the other?
- Do I help them mark a new skill or pattern on the second side?
- Am I aware of my own lateral preferences, and are these reflected in the way I choreograph combinations?
- Am I observant of the dancers’ strong and weak sides for different skills?

For the Dancer:

- Do I have clear preferences for performing certain skills on my right/left leg or side?
- Is there a large difference in performing skills on either side?
- When I practice new skills on my own do I practice more on my “good” side?
- When I am standing waiting for class, on which leg have I placed my weight?
- Have I learned any strategies to help me figure out how to transfer combinations from one side to the other?
- When I choreograph my own dances is there always the same lateral bias in the skills or the floor pattern?
- What is the difference when I learn a new combination with and without a mirror as a visual reference?
- How well do I cope with the change in visual space from studio to stage?