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Permission Through Movement

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Permission through Movement

A Thesis submitted in partial satisfaction of the
requirements for the degree Master of Fine Arts

in

Theatre and Dance (Acting)

by

Lee Vignes

Committee in charge:

Professor Ursula Meyer, Chair
Professor Eva Barnes
Professor Richard Robichaux
Professor Manny Rotenberg

2021

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The Thesis of Lee Vignes is approved, and it is acceptable in quality and form for publication on microfilm and electronically.

University of California San Diego

2021

DEDICATION

To the class of 2021, and all the teachers who put with my foolishness.

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ABSTRACT OF THE THESIS

Permission through Movement

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Lee Vignes

Master of Fine Arts in Theatre and Dance (Acting)

University of California San Diego, 2021

Professor Ursula Meyer, Chair

All aspects of my training at UCSD have been an integral part of my research and growth. From simply listening and noticing in Richard's class, to the Ana Deveare Smith transformational monologues with Eva, to freeing my voice with Ursula, to Marco being extremely patient as I navigated my way through understanding sustained and living thought, all of my mentors here have strengthened me as an artist. However, one class played a fundamental

role in my research. Movement with Stephen taught me so many things: how to find a character physically and how to balance listening to your scene partner and your audience. However, most importantly, it taught me permission: permission to break and fail. It was my key, and I started to give myself this permission in other areas of my research, most specifically the show *Ironbound*.

I played the character, Vic, a 16 year old prep school sex worker. The research in finding this character included watching countless Eminem performances and tons of Breaking Bad. But to actually do the thing was a different story. I wanted to move and act with fierceness, and refrain from doubting myself. In order to achieve this, I had to take the mentality I had during those awful (yet fun) dance warmups. I had to give myself the permission to live fearlessly and boldly in the work. I was by no means perfect at doing this, but all the moments I did give myself permission, added up to my favorite performance of grad school.