

*A systematic 5 step process for actors and singers
to create authentic performances on stage*

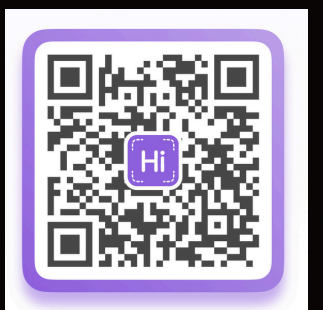
LOSE YOURSELF ONSTAGE

The MAGIC behind the METHOD



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www.loseyourselfonstage.com





BEATS IN SCRIPTS & MONOLOGUES

BEATS, in the beginning are where the actor pauses and changes during a scene or monologue.

The BEAT changes the rhythm!

However, BEATS are much more than just pauses. BEATS are sections within a scene or monologue.

Everytime there there is a change in dynamic, emotion, or purpose, there is a change in BEAT.

Deciding where the BEATS are in your monologue is an important step in deciding how you will perform your monologue.

Changes in emotion and purpose are what make acting interesting.

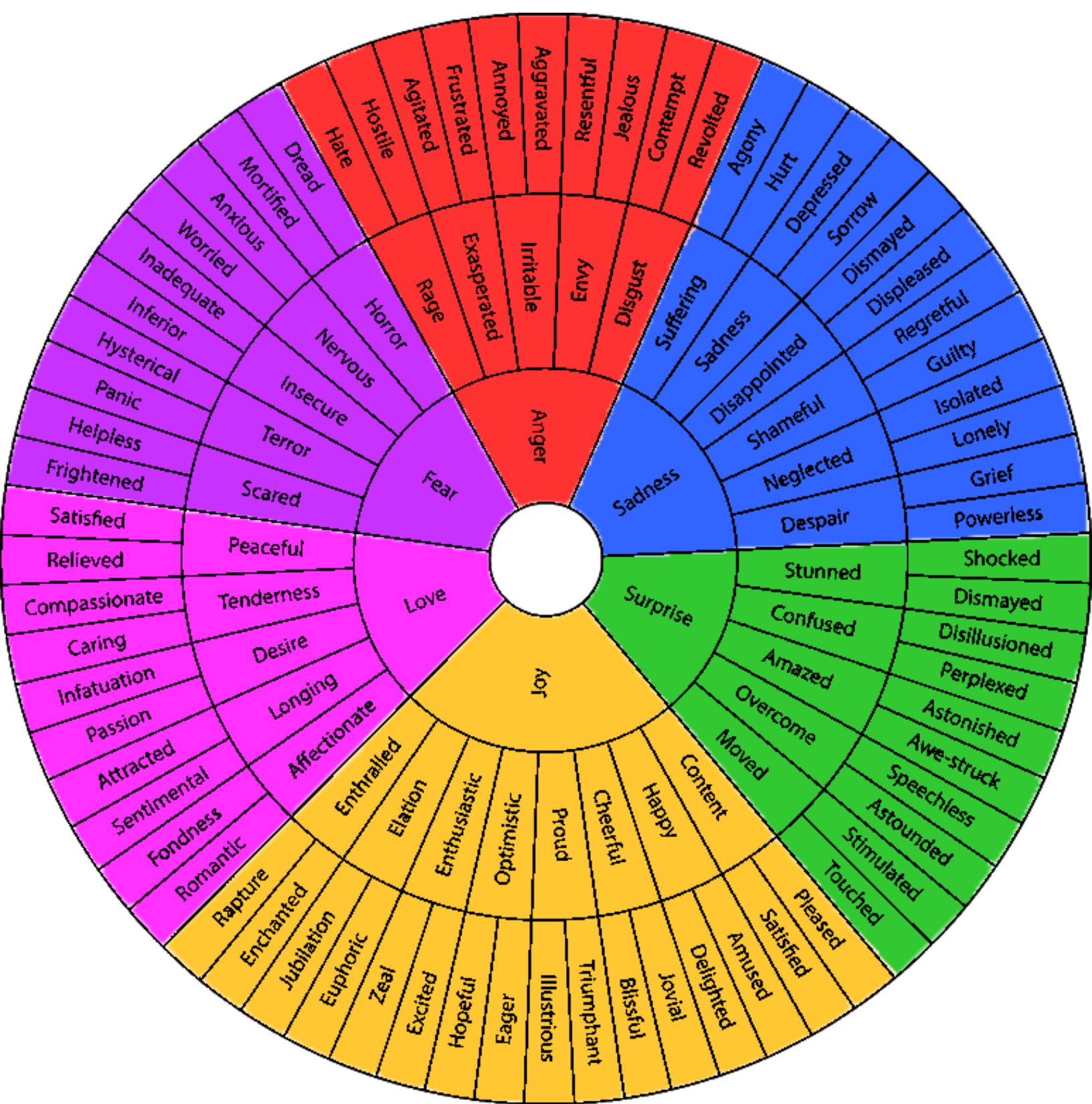
(SUB)TEXT

What word describes the primary emotion,
objective, intention and motivation in this BEAT ?

Anger?

Disappointment?

Concern?





On a scale of 1-10
what is your energy output for this beat?

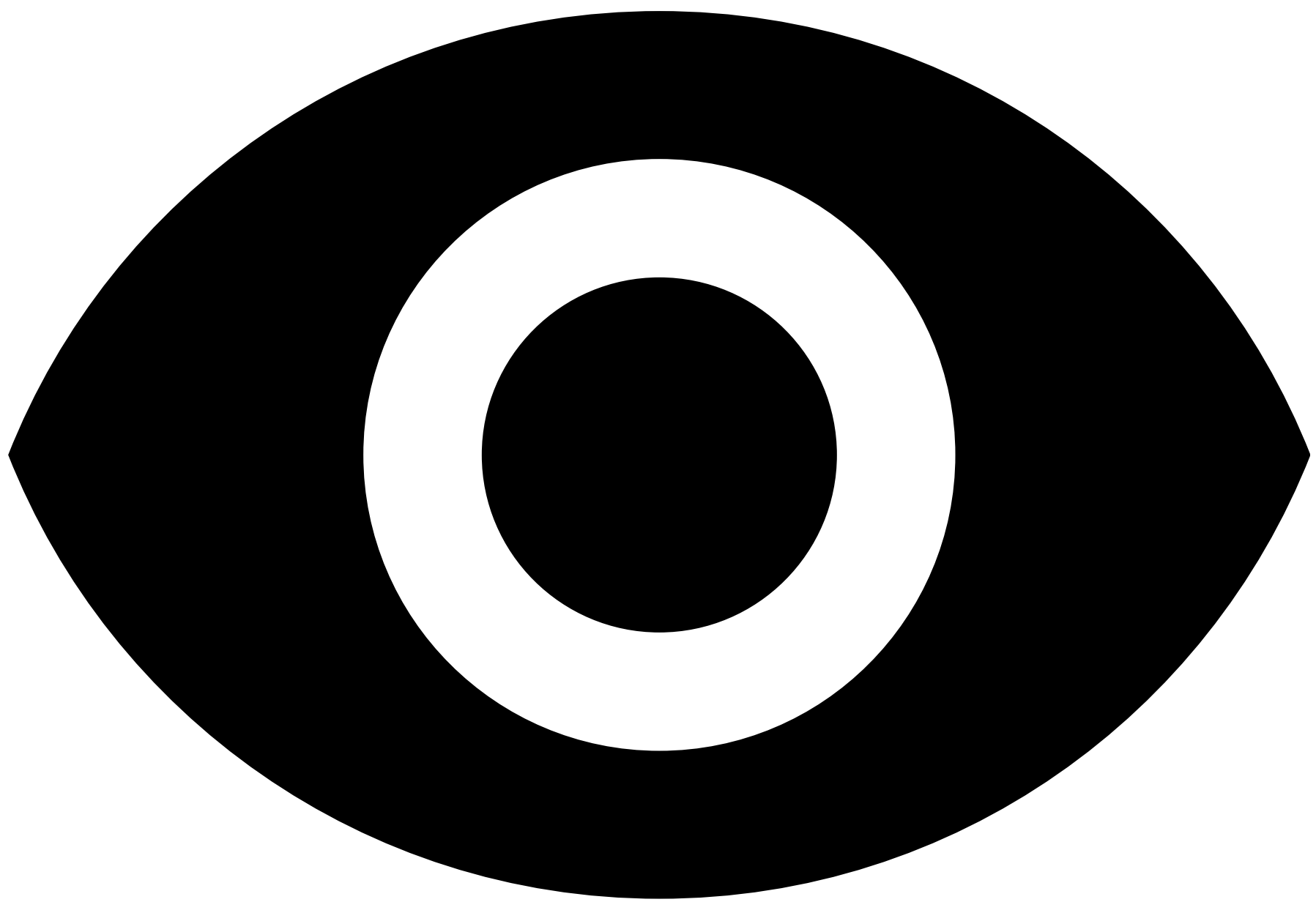
Your energy is reflected in many ways!

It is seen and heard in your:

emotional intensity

volume

range, size and speed of movement



What is your focus?

Who or What are you looking at?

Where on the stage are they?

Is your focus constant or wavering?

Visualize and create an internal picture of what
you are seeing.



Your movement is the stage picture you create.

Movement can be static or still.

It can be a gesture.

It can be choreography.

It serves and reflects subtext, energy and focus.

Every authentic beat has a different movement or movements.



(sub)text



movement

energy

focus

INTERNAL



EXTERNAL

BEAT ANALYSIS

S: Thoughtful
E: 3
F: Out
M: Seated,
hand on chin

The sun will come out
Tomorrow
Bet your bottom dollar
That tomorrow
There'll be sun!



S: eager
E:5
F: out
M: transition to
stand or lean
forward

Just thinking about
Tomorrow
Clears away the cobwebs,
And the sorrow
'Til there's none!



S: excited
E: 6
F: Center
M: Open body,
active
movement

When I'm stuck in a day
That's gray,
And lonely,
I just stick out my chin
And grin,
And say,

Online Individual Coachings National Workshops Resources for directors



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