

DR. HARROP'S FAVORITE SAYINGS

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1. DO NOT LOOK AT THE FLOOR! Play to the balcony.
2. Do not "tsk".
3. Do not huff or sigh.
4. Do not drop out
5. Do not repetitively shake your head.
6. Do not be pouty.
7. Play strong objectives.
8. Make extreme transitions.
9. Shape with peaks and valleys.
10. Keep your energy forward.
11. Sit on edge of chair.
12. Keep your weight forward on the balls of your feet, not your heels.
13. Use few or NO props. · ·
14. Keep your downstage foot behind your upstage foot. Don't upstage yourself.
15. Overuse eye contact
16. Use only 3 climactic compositions and make them good - moments of high emotion.
17. Force every member of the audience to watch you.
18. Compete with your opponent to take scene away from them.
19. Make it life/death important. Up the stakes.
20. Do not take steps unless you must. Make steps clear, precise, clean and simple, strong and not repetitive.
21. Never wander or ramble on stage.
22. Do not gesture meaninglessly, repetitively or too much.
23. Gestures should be bold, theatrical and above mid level. ·
24. Over-acting, melodrama, opera, over the top acting are all beautiful.
25. Over articulate - especially final consonant sounds like d or t.
26. Open your mouth like an opera singer even beyond feeling silly.
27. Take the long way around when moving on stage. ·
28. Take the upstage choice when moving around furniture.
29. Make the S shaped pattern when moving around furniture.
30. Top each other. ·
31. DO NOT LOOK AT THE FLOOR!
32. Use very few pauses and make them dramatic.
33. Haul your scene.
34. Don't sit side by side on sofa. ·
35. Don't sit side by side at table.
36. Be across the stage far away from your opponent
37. Tie down your corners and use them.
38. Use upstage and downstage, not just stage left and stage right
39. A good ground plan is a triangle/obstacle course.
40. Angle your furniture.
41. Be able to move around your furniture.
42. Don't use furniture in obvious ways, same for props.
43. All good drama is conflict.
44. Angled lines create tension = good.
45. Don't get to know your partner - be a pro and work.
46. Don't feel a need to like your partner.
47. Do not break the fourth wall to audience with asides.
48. Everything is for the audience - not for you. No drama therapy.
49. It does not matter if you feel *anything* - it matters that the audience feels it.
50. Make your audience get goose bumps.
51. Don't let you cry - make your audience cry.
52. No stage combat!!!
53. No Kissing.
54. Don't allow anyone to intrude into your personal life - keep it pro!
55. Create a character- do not become a character- do not lose yourself in a character.
56. Do not be cerebral- be active passionate and theatrical.

57. DO NOT LOOK AT THE FLOOR!
58. Always be aware that you are on stage, creating a theatrical character for audience.
59. Start your scene with a huge bang (even if "duh") and end with exclamation point
60. Come out of the chute like a race horse.
61. Dare to be too loud and too big.
62. Strong, simple, energized listening on stage is beautiful.
63. Never lose control physically.
64. Never lose control mentally.
65. Never lose control emotionally.
66. Keep your hair completely off your face.
67. Do not shuffle on stage.
68. Do not wear flip-flops on stage.
69. Do not chew gum on stage.
70. Do not improvise on stage except in emergency.
71. It is your job to save your partner if they go up on lines, and again if needed.
72. Allow yourself to be saved.
73. Make an adequate ground plan and use it well.
74. Block your scene.
75. Be too big, too loud, too over the top.
76. Don't throw, push or shove things on stage.
77. Don't talk during rehearsal - work and repeat.
78. Keep your eyes up high.
79. DO NOT LOOK AT THE FLOOR!
80. Set clear high focal points in addition to your partner's eyes.
81. Do a good introduction - it can make or break your scene.
82. Stay far upstage with your ground plan or monologue.
83. Don't do comedy- it becomes too high school.
84. Use my scene list: http://homepage.smc.edu/harrop_adrienne/Scenes41_42.htm or just go to my website or google.
85. Take risks, blow us away.
86. Block out all stage directions.
87. Don't mime.
88. Use standard way of showing doors and windows.
89. Simple strong ground plan plus blocking = 90% of good scene.
90. Acting is like athletics = commitment and practice, sweat after hard work, life time of study, Follow Through, NBA coaches say = not try to be friends during the game, discard 95% of what you hear - just listen to the coach, urgency, hunger, sense of energy versus *low* energy, intensity, show up, stay in it.
91. Act, don't ever listen to someone who says Stop acting.
92. Cut each other's lines off.
93. Vary your tempos.
94. Do preparation even if fake.
95. Say "scene" at beginning at end, but not for monologue - just thank you.
96. Stay still except for purposeful strong steps.
97. Don't add words or make them your own.
98. Wear appropriate clothes/costume.
99. Practice intro and prep along with your scene.
100. Don't roll your eyes.
101. Check for stage energy, urgency, communion, shape.
102. Formula = hair back; strong intro; don't move around, eyes up, interesting character fill the room, be big to back row.
103. Never watch the film of a scene/play or never Youtube it!