

Smutek Dance Portfolio

I'm Generally Miserable (2023)

Choreographer: Christa Smutek

Soloist: Sophie Tosh

Music: 1960 Marilyn Monroe Interview Excerpts, Happy Birthday Mr. President

Run time: 3:34

I'm Generally Miserable is based on the personal life of Hollywood icon, Marilyn Monroe. It explores feelings of doubt, sadness, loneliness, and the need to create a facade of joy to hide those persistent internal struggles. In modern society, people obsessively present themselves in the best and most unrealistic way. This solo compares and contrasts these two vastly different sides of Marilyn Monroe, and how it ultimately effects her mental state.

[I'm Generally Miserable Video Link](#)



The Making of Grief Point (2022)

Choreography: Christa Smutek

Music: The Making of Grief Point, Loscil and Growth, Ecker & Meulyzer

Run time: 8:50

The Making of Grief Point highlights a person's innate desire and hunger for knowledge. We are eager to understand both ourselves and the world we live in; we constantly seek answers to life's mysteries. Some say knowledge is power... What are the consequences of knowing too much?

[The Making of Grief Point Excerpt Video Link](#)



Dissonance (2020)

Choreography: Christa Smutek

Performers: Shannon White and Christa Smutek

Music: Nocturne in C-sharp Minor (1830), Frédéric Chopin, Janusz Olejniczak

Run time: 4:04

Dissonance, began as a piece set on 10 women before the pandemic and was then reworked into a duet. *Dissonance* is a sequel to a past work, *Broken Chord* (2018), which displays two lonely women in disharmonious relationships that find comfort knowing they are able to relate and support one another. It portrays moments of boredom, indifference, sarcasm, and defeat.

[Dissonance Video Link](#)



Lastly (2017)

Choreography: Christa Smutek

Soloist: Francesca Morris

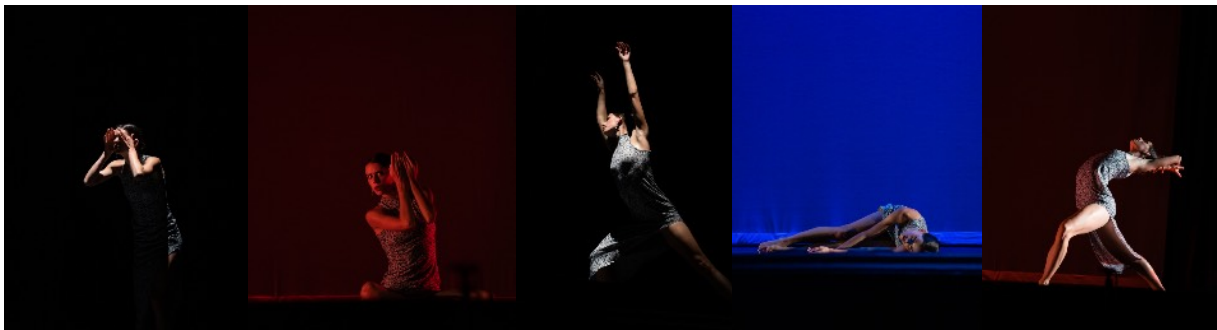
Music: Anna's Last Train, Dario Marianelli

Run time: 3:54

Best Choreographer Winner Detroit Dance City Festival 2021

Lastly, was first created in 2017 and revisited in 2020 for WhiteWave SoloDuo Festival. This solo exposes the emotional downfall of a woman breaking under the weight of societal pressures. She struggles with maintaining her youth and beauty as she stares into a figurative mirror on stage, the audience. This awareness of judgment from others causes her to succumb to her insecurities. As the solo progresses she eventually exhausts her energy as she rests on stage pondering what to do next.

[Lastly Video Link](#)



Lumina (2021)

Choreographer: Christa Smutek
Soloist: Sophie Tosh
Music: Lumina, Loscil
Run time: 3:15

Lumina is an experience of time passing, space, and air flow. It's a physical and emotional discovery of the five senses and how this inspires movement within the body.

[Lumina Video Link](#)

Broken Chord (2018)

Choreographer: Christa Smutek
Music: Nocturnes, Op. 9: II. No. 2 in E-Flat Major
Run time: 4:30

A comedic and tragic portrayal of two simultaneously failing relationships through a satirical, balletic duet.

[Broken Chord Video Link](#)



Architect of the Mind (2016)

Choreographer: Christa Smutek
Music: Kerry Muzzey
Run Time: 4:56
4th Place World of Dance Chicago 2019

Inspired by the speed, intensity, and excitement of the music itself, this piece takes the audience through the creation process of a conductor. The dancers begin in an orderly fashion until they chaotically arrange themselves in and out of formation; eventually the conductor regains control and the music has been finalized!

[Architect of the Mind Video Link](#)

Sandcastles (2020)

Direction: Christa Smutek
Filmed: Opey Akinbola
Edit: Christa Smutek
Choreography: Christa Smutek
Featuring: Christa Smutek and Daniel Terrell
Music: Beyoncé
Run Time: 3:15
Screendance International Project Michigan, Dancentric Film Festival
Finalist

This film portrays relatable themes surrounding a relationship, including decisions about commitment, vulnerability, the physicality required to support each other, and the natural instinct to remain guarded to avoid potential heartache.

[Sandcastles Video Link](#)

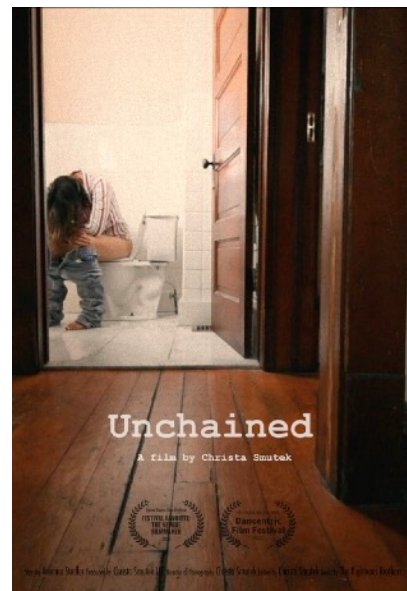


Unchained (2020)

Direction: Christa Smutek
Film/Edit: Christa Smutek
Choreography: Christa Smutek in collaboration with Arianna Stadler
Featuring: Arianna Stadler
Music: Unchained Melody, The Righteous Brothers
Consulting: Britt Fishel
Run time: 3:45
Film Favorite Newbie Filmmaker Winner, Opine Dance Film Festival, PA
Cinedanza Film Festival Selection, Italy

A film exploring abandonment, longing, and coping. While this woman waits in isolation for someone who is never returning, her mental and emotional stability are tested as she develops an agitated state of frustration and impatience that she can no longer bare.

[Unchained Video link](#)



Nicest Thing (2019)

Direction: Christa Smutek
Film/Edit: AJ Juarez
Featuring: Christa Smutek
Music: Kate Nash
Run Time: 4:06

An improvisation revealing the internal emotions of unrequited love.

[Nicest Thing Video Link](#)