Cultural Classes

Dances of West Africa: Dionne Kamara

In an energetic and fun dance class, participants will explore dances of the Mandeng, Susu and Baga cultures of West Africa. Each class will begin with a warm up that moves through the BrainDance patterns in the cultural style of West African dances. Through solo, partner and group explorations, dancers will embody and learn the dances Sofa (hunting dance), Yankadi (full moon dance) and CouCou (celebration dance). After leaning and practicing dance combinations in different formations, participants will work together to create short dances based on what they’ve learned for sharing and presenting.

Philippine: Joshua Mora

Mabuhay! In this cultural class, we'll be working the tinikling, a traditional folk dance from the Phillipines. It is traditionally danced to a 3/4 song with fast feet avoiding the clapping of two long bamboo poles that were made to mimic the feet of a tikling bird escaping traps. In modern times, many have found play with current songs and a switch to 4/4 time which we'll also be playing with in this class.

Hip-Hop: Sarah Pickett

Hip-Hop is a high energy class that focuses on the musicality and rhythm of current pop culture music and translating those sounds and rhythms into a physical expression. Hip-hop encompasses a wide range of styles including popping, breaking, and locking. This style uses sharp intricate movements and quick phrasing to evoke reaction from observers.

Contemporary Jazz: Lyndsi Cole

This style of dance combines elements of several different dance forms, including modern, jazz, and ballet to create an aesthetic all its own. The emphasis in contemporary dance in fluid movement and connections interwoven with large dynamic actions.

Stepping: Natosha Washington

Step-Dance is a percussive dance form that uses the entire body as an instrument to generate complex rhythms and sounds. Step originates from combining military drills and African Foot Dances. Step is most often performed in large groups.

Scottish: Kathryn White

Scottish Highlands Dancing consists of quick and intricate footwork including small jumps and skips combined with more simplistic upper body movements.

Bharatanatyam: Srilatha Singh

 This is a classical Indian dance form that originates from the Hindu temples of Tamil Nadu as a physical expression of religious themes and stories. These themes are conveyed through emotive facial expressions, fluid footwork, and complex hand gestures.

Options

Visual Art: Misha Bergman

Come explore the daCi “Open Space” conference theme through the visual arts! Open your mind to the creative possibilities that can connect art and dance. This is a hands-on art class that explores how visual art could be used in the classroom to enrich, deepen, inspire, and explore thematic ideas. Come create! Class for all ages.

An Introduction to Renaissance and Baroque Dance: Anna Mansbridge

Come and learn how people danced in Europe over 300 years ago, from the cottage to the court. People enjoyed dancing as a way of getting together, meeting old friends and making new friends, exercising their bodies to music and having fun! We will learn some of the most popular dances from the past, such as the Pease Branle and the Washerwoman’s Branle, and the very elegant Minuet. We will look at the clothing people wore (a chance to dress up!) and see how the fashions of the times influenced the way people danced.

Ballet: Mark Borchelt

 Ballet provides a strong technical base for dancers of all dance styles. This class will help dancers with posture, flexibility, balance, core strength and discipline.

Diavalo: Monica Campbell

 Diavalo explores “the relationship between the human body and its architectural environment to understand how we are being affected not only socially, but physically and emotionally.”

Conditioning: Kate Monson & Amy Markgraff Jacobsen

 Dance conditioning focuses of strengthening, toning, and stretching the body to assist dancers in developing physical endurance, strength, flexibility, and coordination outside of their regular dance classes.

Ballroom Basics: Chris Williams

 In this class you will get an introduction to ballroom dance by learning beginning footwork, patterns, and postures from different styles such as Waltz, Quickstep, Tango, and Foxtrot.

RDT Repertory Class: Angie Banchero and Nicholas Cendese

In keeping with this year’s conference theme of “Open Space”, this Repertory class will open the historical space by introducing participants to RDT’s Mission to preserve our American Modern Dance heritage while also contributing to the promotion of contemporary dance . Former company members, Nicholas Cendese and Angela Banchero-Kelleher will “provide access” to this rich modern dance heritage, opening the space to 2 exciting pieces from the RDT repertory; Skylight by Laura Dean and Chairs by Zvi Gottheiner.