

All-Levels Contemporary

Mondays @ 5:15-6:30pm



This class bridges the gap between newer movers and those with more classroom experience/established dance vocabulary by developing (and/or refining) key technical bases, artistry, and expressive movement.

What will class look like? We will begin with a warmup that draws from fundamentals in modern, jazz, and ballet. Taking inspiration from Bartenieff Fundamentals of movement from the pedestrian to the artistic to the athletic, we will followup with across-the-floor and center exercises including floorwork and improvisation elements.

Choreographic exploration will feature both individual and group-derived methods of generating movement. And all of this while fostering expression and exploration from strong and safe technical foundations - movement that feels good in endlessly new ways!