



February 12 – March 7, 2021

inspire **DANCE** Festival

University of Rochester's
11th Annual Virtual Dance Festival:
A celebration of dance and community



Festival Program

11th Annual inspireDANCE Festival

Note from the Director

Welcome to the 2021 Virtual inspireDANCE Festival

Celebrating its 11th year, the **inspireDANCE Festival** grew out of a simple idea to find a way to connect student dancers with each other, with the Program of Dance and Movement and with the larger dance community in the Rochester area. With well over 1000 students involved in dance and movement groups and classes on the University of Rochester campus today, along with several other excellent local university dance programs and a cohesive community of professional dancers in the Rochester area, inspireDANCE has grown into an opportunity to unify, develop and strengthen the dance community at large. The festival is designed to encourage you to try out as many new dance and movement forms as you desire, and to experience dance as art, expression, performance, community building, and the celebration of diverse cultures.

We are thrilled to be able to carry on with this year's festival and to offer it free and open to the public, virtually through Zoom. For more information, please visit <http://sas.rochester.edu/dan/news-events/inspiredance/index.html> and be sure to fill out and submit the waiver before choosing events and classes! We look forward to learning, moving, dancing and discussing with you.

With gratitude and best wishes for an inspiring experience,

Missy Pfohl Smith, Director, Program of Dance and Movement



About inspireDANCE

The inspireDANCE festival was conceived in January 2010 as a project for the Experiential 5 (e5) Program (formerly Kauffman Entrepreneurial Year), a UR program that provides students with an additional fifth undergraduate year to work on an entrepreneurial business venture. KEY student Arielle Friedlander Tannenbaum '10 realized there was a wealth of dance on the UR campus in pods that were somewhat isolated, and saw the potential for and value of a united dance community. She, along with Missy Pfohl Smith, then the new Director of the UR Program of Dance and Movement, wanted to give students opportunities to grow as dancers, to broaden their perspectives in dance, to communicate with one other, to share the rich and diverse dance activities that exist at UR and in the Rochester region. The inspireJAM was conceived in 2013 by student Smon Cheewapansri '13, sharing hip-hop culture and breaking with the UR community. Bboys and bgirls and all styles of dancers gather from across NYS and Toronto, to battle for a cash prize, and to defend the inspireJAM title. We were proud to continue this tradition for the 8th year in 2020 with an All Styles battle, and look forward to Rokafella's virtual inspireJAM workshop in 2021 and a live battle again in 2022!

Student Showcase Spectacular Saturday, February 20 at 6pm

Featuring UR's Student Dance Groups including:



Bhangra Salseros RICE Crew Royals Dance Team Phoenix Fire Rangoli Axom
Sahir Belly Dance Ensemble UR Celtic Ma'Frisa BPG Indulgence Louvre

Organized by UR Dance Council

inspireDANCE Full Schedule 2021

FRIDAY, FEB. 12

3:00pm-4:00pm	ACTION CIRCLE: ADVOCACY – CRAFT AND WRITE LETTERS TO ADVOCIATE FOR THE REOPENING OF LIVE PERFORMING ARTS	
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SATURDAY, FEB. 13

12:00pm-1:30pm	Story to Screen: A crash course in dance film basics	Erin M. Mayfield – Guest Artist
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MONDAY, FEB. 15

3:25-4:40pm	Dance: A Practice of Liberation	S. Collins
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TUESDAY, FEB. 16

9:40-10:50am	Intermediate Ballet: Context and Practice	R. Beauchamp*
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WEDNESDAY, FEB. 17

6:30pm-7:45pm	Middle Eastern Dance	K. Scott*
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THURSDAY, FEB. 18

12:30pm-1:45pm	Dance & PeaceBuilding	M. Steele*
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FRIDAY, FEB. 19

4:00pm-6:00pm	Anna Halprin's Blank Placard Dance	Rosario Sammartino – Guest Artist
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SATURDAY, FEB. 20

6:00 pm	Student Showcase Spectacular	UR Student Dance Groups
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SUNDAY, FEB. 21

9:30-10:30am	Yoga and the Yamas - Open Level	M. Pfohl Smith*
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MONDAY, FEB. 22

2:00pm-3:00pm	Ecolinguistics: Language & Mov't	A. Harris Wilcox* & Solveiga Armoskaite
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TUESDAY, FEB. 23

8:00pm-9:30pm	West African Dance	Shani Collins – Guest Artist
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WEDNESDAY, FEB. 24

8:00pm-9:15pm	Urban Dance: Krump	J. Barber*
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THURSDAY, FEB. 25

11:05am-12:20pm	Interm. And Adv Contemp Dance	A. Harris Wilcox*
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FRIDAY, FEB. 26

9:00am-9:50am	Mindfulness Practices	D. Corea*
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SUNDAY, FEB. 28

11:00am-12:30pm	Horton Technique Class	Kristina Berger – Guest Artist With musician William Catanzaro
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MONDAY, MAR. 1

12:30pm-1:45pm	Intro to Yoga	M. Steele*
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TUESDAY, MAR. 2

9:40am-10:55am Conditioning for the Dancer/ Athlete A. Harris Wilcox*

WEDNESDAY, MAR. 3

4:50pm-6:20pm Capoeira: Brazilian Art Movement T. Russell*

FRIDAY, MAR. 5

11:00am-12:15pm High School Day M. Pfohl Smith & A. Wilcox*

2:00pm-3:15pm Experiencing Qi Gong & Intro to Walking Meditation R. Loughridge*

7:00pm

Behind the Scenes with Bridgman | Packer Art Bridgman & Myrna Packer
– Guest Artists

SUNDAY, MAR. 7

4:00pm-5:30pm inspireJAM Classic Hip Hop Dance Master Class Ana “Rokafella” Garcia
– Guest Artist



Behind the Scenes with Bridgman | Packer

Art Bridgman and Myrna Packer, Artistic Directors of Bridgman|Packer Dance will discuss their creative process, including their concept of Video Partnering, which is the integration and melding of live performance and video technology on stage. They will show their development of this work with slides and video excerpts of their performances and process. They will demonstrate their use of green screen technology, live video processing on stage, and multi-camera work with the emphasis on how the technology can enhance and expand their choreographic vision. They will also discuss their creation of stand-alone dance films, focusing on the use of camera angles, framing, and lighting.



Friday, March 5th
7:00 pm
Artist Talk and
Sharing of Work

Art Bridgman and Myrna Packer, Artistic Directors of Bridgman|Packer Dance, are Guggenheim Fellows and 2017 NY Dance and Performance Award recipients (The Bessies). Their collaborative work focuses on integrating live performance and video technology in order to blur the line between image and reality, explore identity, and reveal multiple layers of consciousness. They are also recipients of four National Performance Network Creation Fund Awards and numerous grants and fellowships from the National Endowment for the Arts, National Dance Project, New York State Council for the Arts, and New York Foundation for the Arts.

In New York City they have been presented by Lincoln Center, City Center's Fall for Dance Festival, 92nd Street Y Harkness Dance Festival, Central Park Summerstage, The Sheen Center, and the Baryshnikov Arts Center. Bridgman|Packer Dance has toured throughout the United States performing at festivals and art centers, including Spoleto Festival USA, Jacob's Pillow Dance Festival, the Florida Dance Festival, Bates Dance Festival, Institute of Contemporary Art/Boston, Dance St. Louis, and Philadelphia's Annenberg Center. They have appeared abroad in Europe, Asia, The Middle East, and Central America in festivals including Munich International Dance Festival, Festival Internacional de Artes Escenicas (Panama), Kintetsu Theater (Osaka, Japan), Festival Internacional Chihuahua (Mexico), The Beirut Spring Festival (Lebanon), Highfest International Performing Arts Festival (Yerevan, Armenia), and Tanforum (Budapest).

Their stand-alone dance film *Embrace in the Time of COVID-19* was selected for Redwood Shorts and Scripts (Judges Special Mention Award), Best Global Shorts (Best Choreography Award), and Los Angeles Experimental Dance and Music Film Festival (Best Dance Film Award). Their film *Lookout* received Best Drone Film at Beyond Earth Film Festival (Kolkata, India) and Best Cinematography at Los Angeles Experimental Dance and Music Film Festival. For more information, visit: bridgmanpacker.org.

inspireJAM CLASSIC HIP HOP

Virtual Master class with Ana “Rokafella” Garcia

Sunday, March 7th 4:00pm-5:30pm



inspire DANCE Master Classes & Events:

Saturday, Feb. 13:

Story to Screen: A crash course in dance film basics

12:00pm-1:30pm

Learn the essential tips, tricks, and faux pas of creating filmed works, including shot design, camera basics, and post-production strategies.

Erin Mayfield received her B.A. in Psychology with a minor in Dance at the University of Virginia and her M.F.A. in Film and Television from Savannah College of Art and Design, where she specialized in writing and directing for dance film. She is co-founder of SirensProof Films, a production company formed for the creation of dance film collaborations and has had work presented nationally and internationally. Erin's work with artistic partner Rose Pasquarello Beauchamp was presented for the University of Virginia in May 2017. Erin has worked in dance and film production for the American Dance Legacy Initiative at Brown University and taught at the Joan Phelps Palladino School of Dance at Dean College.

Monday, Feb 15th:

West African Dance

3:25pm-4:40pm

Experience dancing African styles from traditional cultures of Guinea, West Africa, as well as studying cultural history and context from which and in which they are practiced and performed. Technical emphasis will focus on musicality and complex choreographic arrangement. Students will practice dances and drum songs.

Kerfala Bangoura Born in Conakry, Guinea, master drummer and dancer Kerfala Bangoura began his professional career in 1990. He has performed with numerous private ballets in Guinea, including the Macaca Ballet, Kounkoré Bamba Ballet, and Ballet Fareta, where he received his attestation and diploma – a certification of artistic excellence – in both drumming and dance, enabling him to work with the national performing ensembles of Guinea. Named “Master Drummer” by the Guinean Ministry of Culture in 2008, he was a featured djembe soloist for two of Guinea's national groups, Percussions de Guinée and Les Ballets Africains, for over 8 years. Since his arrival in the United States in the spring of 2009, Kerfala has worked extensively as a performer and educator. He has taught at the University of Oregon and the University of Rochester, as well as numerous classes, workshops, and performances at elementary, middle, and high schools in Portland, Oregon. With his performing group, Mounafanyi, he opened Portland's African Film Festival in 2010, and has also won a grant from Portland's Regional Arts and Culture Council (RACC). Currently, Kerfala teaches at the University of Rochester, leading a percussion ensemble in the music department, as well as teaching dance classes in the Program of Dance and Movement.

Tuesday, Feb 16

Intermediate Ballet: Context & Practice

9:40am-10:50am

Dance appreciation and technical practice. Practice classical ballet technique and theory with a contemporary perspective and investigate context, history, applications and societal impact of Ballet. Phrasing, musicality and efficiency of movement will be emphasized. The course requires 3 workshops that will be scheduled with the class outside of regular class time. This class will begin online as the weather is cold. We will be outside or in the tent as soon as weather allows. Prerequisites: DANC 116 or DANC 268 or previous experience.

Rose Beauchamp (BFA, Emerson College and MFA, CalArts) is a dance artist, somatic educator, filmmaker, and activist. She is a Certified Laban Movement Analyst (CLMA) which has rooted all of her teaching and artistic work in somatics and body awareness. As the Artistic Director of inFluxdance and Collaborator with SirensProof Films, her work has been featured in cities across the country and internationally. She has taught at various universities for the past 10 years including Alfred University, The College at Brockport, Dean College and the University of Virginia where, as the Head of Dance, she developed the dance program from the ground up. Much of her artistic research in the academic environment centers around collaboration across disciplines, finding ways to integrate dance with architecture, art, psychology, engineering, art, and music. She has spent a great deal of time presenting at international conferences and dance intensives with a focus on dance and social activism. Currently, Rose has been performing and presenting her research internationally. Her focus is exploring metaphor as it relates to socio-political art making.

Wednesday, Feb 17**Dances of the Middle East****6:30pm-7:45pm**

Come and experience the Beautiful and Ancient Art form of Belly Dance! Indulge yourself in Middle Eastern Dance movement and rhythms. This specific class of Egyptian Style Dance will be taught on a beginner level and will consist of isolation techniques, while exploring different dance steps and movement combinations.

As steps and movements are introduced, the movement will be broken down in several ways. In the instruction, the history and origin of where the movement was derived from will be identified.

Wear clothing you can move in, and dance slippers. Plan on having some fun! No previous dance experience is necessary. This is a great form of exercise!

Katrina Scott (A.K.A. Kalilah) began her Middle Eastern Dance Career many years ago. In 2001 she created Sword and Scarab holding positions such as Artistic Director, and Choreographer, Stage Manager, and Publicist. She started her Middle Eastern Dance career with Egyptian Oriental (Raks Sharqi) and Turkish cabaret styles of dance. She prefers the more North African Folkloric aspects of the dance (Raks Shaabi). Consisting of dance styles such as; Cane (Raks Assaya), Tunisian, Moroccan, and Algerian. Kalilah currently teaches at the University of Rochester, guest teaches at surrounding Universities, has taught in several Community Centers, and many Dance Studios as well as within her home studio. Kalilah has received many awards for her teaching, and is highly respected for her knowledge and efforts in supporting the education, cultural and historical aspects of Middle Eastern Dance. Sword and Scarab has sponsored many events such as The Rochester Raks Series.

Thursday, Feb 18**Dance & PeaceBuilding****12:30pm-1:45pm**

Join us for a screening and discussion of the film "Acting Together on the World Stage: Performance and the Creative Transformation of Conflict." This documentary details inspiring performances from around the globe that have made a significant impact resisting violence, rehumanizing "the other" or reconciling adversaries. Viewers are introduced to key concepts in the fields of Conflict Studies and Peacebuilding about how to end violence and build resilient communities.

Mariah Steele is a full-time Lecturer at the University of Rochester and the Artistic Director of Quicksilver Dance, a modern/contemporary dance company. Steele has performed professionally in the companies of James Martin and Beth Soll in NYC, and with Peter DiMuro's Public Displays of Motion, Sokolow Now! the Anna Sokolow Archival Company, and Rebecca Rice Dance in Boston. She was on faculty at Endicott College in Beverly, MA for several years and has also taught courses at the Massachusetts Institute of Technology and Santa Clara University. DAN 202 is based on her Masters thesis work about dance and peacebuilding at Tufts University's Fletcher School of Law and Diplomacy, where she concentrated in International Negotiation and Conflict Resolution. The Boston Globe Magazine has named Steele a "rising talent" in the arts.

Friday, Feb 19**Anna Halprin's Blank Placard Dance****4:00pm-6:00pm**

The Blank Placard Dance was conceived back in the 1970's by dance pioneer Anna Halprin and originally performed by Halprin and the San Francisco's dancer's workshop as an arts-based demonstration against the Vietnam War. Blank Placard Dance is a simple score where the participants/dancers march in a line on the streets carrying blank white protest placards. The piece was conceived as a way to provoke audience participation and active involvement on the issues that matter to people on a personal and collective level. Dr. Rosario Sammartino will be presenting this online workshop prior to the event as a preparation for the performance. She will introduce participants to the Life/Art Process; work originated by Anna Halprin. Through Movement/Dance and the expressive arts, participants will be guided to identify those personal and social issues that matter to them in preparation to the Re-enactment of the Blank Placard Dance.

Rosario Sammartino, Ph.D., RSME,RSMT, is a leading therapist and educator in the intersecting fields of expressive arts, somatics, and depth psychology. With over fifteen years of experience, her work explores the relationship between body, emotion, and imagination. Rosario is the former codirector and a core faculty member of Tamalpa Institute, the internationally recognized training center for movement-based expressive arts therapy, founded by Anna and Daria Halprin. She is an adjunct professor at the California Institute of Integral Studies (CIIS); as well as the founder of Anthropos Institute, an art and self-development Center located in Buenos Aires, where she is originally from. Rosario has taken her work to healing and educational centers, bringing innovative models for health and embodied creativity to diverse populations. *For the past 10 years Dr. Sammartino has collaborated with Anna Halprin on numerous occasions, including co-teaching public & training programs and the reenactment of the Blank Placard Dance nationally and internationally.*

Saturday, Feb 20**Student Showcase Spectacular****6:00pm****Sunday, Feb 21****Yoga and the Yamas - Open Level****9:30-10:30am**

Reflect on the five Yama-s as part of the first limb of the 8 limb path of yoga, as we move through an asana practice together. We will connect to our breath and earthly groundedness, flow with ease, build some fire, and open our hearts and energetic bodies to ourselves and to one another while considering these ethical yogic practices for life.

Missy Pfohl Smith directs the Institute for the Performing Arts and the Program of Dance & Movement at University of Rochester directs the contemporary repertory company, BIODANCE, based in Rochester, NY. Rochester City News has called described her work as "Gorgeous...astonishing...exceptional" and "Every bit of the performance was an absolute masterpiece." She regularly collaborates with various multi-disciplinary artists and her socially conscious choreography, performance and teaching has spanned across the US and internationally, most recently in Greece, Finland, & Scotland. She is certified in Bill Evans Laban/Bartenieff-based pedagogy and teaches choreography, dance on camera, contemporary dance & social justice & more

Monday, Feb 22**Ecolinguistics: Language & Movement****2:00pm-3:15pm**

This new course is a combined investigation of linguistics and movement. In the context of sustainable living, the course will examine how verbal and non-verbal expression manifest and shape overall well-being. Every year, a different theme will be addressed. The theme for this year is: *Translation and Transformation*. We will explore how cultural heritage, point of view, and aesthetics affect the process of translation and transformation in verbal and non-verbal language. Each class encourages open discussion, active inquiry, creativity, and individual self-reflection to explore the course theme. DANC 167M uses an inter-disciplinary approach to study human expression as it investigates language through embodied practice and linguistic analysis. Discovering the parallels and divergences of physical and verbal expression is at the heart of the course.

Anne Harris Wilcox (MFA, K-12 certification) is a Senior Lecturer of the Program of Dance and Movement at the University of Rochester. She founded and directed Present Tense Dance (1991 – 2016) and her choreography has been presented in Rochester Fringe Festivals, for Geva's Fielding Nextstage, and several Wallbyrd Theater Co. productions. She continues to create work independently and especially enjoys multi-disciplinary collaboration. Anne has served as State Affiliate Representative for National Dance Education Organization, and President of New York State Dance Education Association (2012-2015). In 2016, NYSDEA awarded Anne the Outstanding Leadership Award. She presents nationally and internationally on topics such as kinesthetic education, creative assessment, linguistics and dance, and intergenerational dance. She founded, Active Learning Games (2013), a company that designs kinesthetic educational products for K-university learners. Additionally, Anne is certified in Pilates mat work, and continues training through the Mark Morris Dance Group to develop classes for people living with Parkinson's disease.

Dr. Solveiga Armoskaite is a linguist who studies a variety of grammatical properties across languages. Her interests include collaborating across disciplines. Exploring verbal and non-verbal communication is one aspect of such interdisciplinary collaboration.

Tuesday, Feb 23**Dance: A Practice of Liberation****8:00pm-9:30pm**

Creating a sense of community, this **West African Dance** class will approach studio practice as a way to establish and deepen foundational Africanist Aesthetics in the body. You will develop skills towards physical endurance through an intense study of West African Dance technique. We look to differentiate West African movement forms as we practice dance as a form of liberation through self-discovery and collective consciousness.

Shani Collins studied as a young dancer at The Greensboro Ballet, The Alvin Ailey American Dance Theater, Urban Bush Women's Summer Institute, among others. A recipient of the Martha Myers Choreography Award and a "Bessie" New York Dance and Performance award, Shani is a worldwide renowned artist for her performances with Urban Bush Women and Ronald K. Brown/Evidence. She has choreographed on Urban Bush Women (Community "Dixwell" Project) and has performed as a guest artist with Bill T. Jones/ Arnie Zane Dance Company, The National Dance Company of Mozambique, David Dorfman Dance Company, and in Trinidad with the Roots and Wings Movement. Shani returned to ADF as an international performing artist, was granted a teaching fellowship in the Hollins University/ADF MFA program, and served on its faculty since 2006. She has choreographed and performed in the NYC Off Broadway Production of The Vagina Monologues at New World Stages and has participated, as a choreographer, in the Lincoln Center Director's Lab. Shani is crowned a "Contemporary Revolutionary" by Lax Thomas in The Studio Museum Harlem Summer Magazine and featured in Dance Magazine as a "Warrior Woman" by Eva Yaa Assentawa who says: "It's a sure bet that when she takes the stage she will deliver not only the movement but the core, the bedrock, the very meaning and spirit of a dance." Her company, Eternal Works Inc, is dedicated to fostering women's healing empowerment and facilitating community and cross-cultural dialogue.

Wednesday, Feb 24**Urban Dance: Krump****8:00pm-9:30pm**

Krump; an urban street dance, is characterized by free, expressive, exaggerated and highly energetic movement. Krump was created by several youth from Los Angeles who were seeking to escape gang life and to express raw emotions in a powerful but non-violent way. A movement that started in a living room, is now all over the world. Students will learn the history, the fundamentals of Krump which consist of 4 basic moves: Stomps, Jabs, Chestpops, and Armswings, and the terminology associated with the dance, such as, as battle, session, buck, live, call-out, lab, get-off, kill-off, concepts, combos, material, hype and many more. Students will be evaluated through reflective writing, vocal quizzes, a mini-research project, video viewing, discussion and participation within the class, and attendance and responses to 2 workshops and 2 performance events on campus outside of class time.

Jermaine Barber, Stage name "Maine" is a Krump and Praise Dancer and a Graduate student at Roberts Wesleyan University, studying education. He also teaches ELA at Rochester Prep Middle School. Jermaine was named Dancer of the Year Winner for the 2017 ROC Awards, and Distinguished Performance of the year winner for the 2018 Black Men Achieve Awards

Thursday, Feb 25**Intermediate Contemporary Dance & Adv Contemporary Dance****11:05am—12:20pm**

Continuing technical development and comprehension and integration of theory into practice is the focus in this course. Students will practice contemporary dance experientially through examining dance concepts influenced by Laban/Bartenieff theories and by exploring complex choreographic combinations. Classes will explore continuity and connectivity, patterns of total body organization, efficiency of movement, momentum, musculo-skeletal anatomy, strength, alignment, weight sensing, rhythm and somatic practices to develop and improve technical skills. We will also investigate subtlety and individual expression in performance. Experience in dance required. Having already taken DANC 250 is helpful.

Anne Harris Wilcox (See Above for Bio)

Friday, Feb 26**Mindfulness Practices****9:00am-9:50am**

Join students of DANC218 Into the Present Moment during their meditation lab to get a taste of mindfulness meditation practices.

Debra Corea RYT500, is dedicated to bringing curiosity and awareness to the nature of the mind and the experience of residing in a human body. A member of the University Mindfulness Project she has trained in Koru Mindfulness. Introduced to yoga and meditation in 1973, Debra has been fortunate to practice alongside many wonderful teachers. She has completed diverse yoga teacher trainings including Open Sky Yoga's Essential and Pranayama Teacher Trainings, Kripalu's Yoga Teacher Training, Advanced Relax and Renew, Spirit Rock's 500-hour Mindfulness Yoga and Meditation Training, Insight Yoga, and Integrative Restorative (iRest) Yoga Nidra, Yoga for Scoliosis and is an authorized Continuum Movement® teacher. In 2008, she accompanied Thich Nhat Hahn, her most influential mindfulness teacher, on a pilgrimage in the footsteps of the Buddha in northern India.

Sunday, Feb 28th**Horton Technique****11:00am-12:30pm**

Powerful in its physicality while also subtle in its finesse & nuance of beautifully detailed isolations, this class focuses on technical precision balanced with ease, flow, and breath; the importance of transitions between the impressively athletic positions; and the vital collaboration between Dancer and Musician to produce dynamic, confident artists who have to communicate with their audiences honestly & passionately.

Kristina Berger & Musician William Catanzaro: Kristina Berger is an Internationally renowned dancer and Dance Teaching Artist. Currently a principal dancer with the Erick Hawkins Dance Company an an Assistant Professor of Dance at Dean College, Kristina's professional career ranges from Ringling Bros. and Barnum & Bailey Circus Showgirl to First Female and Westerner to perform the virtuoso solo "hanuman the Monkey King" in Bali, Indonesia and worldwide, to soloist of Lester Horton Dance Theatre (Artistic Director Don Martin); Dancer with MolissaFenley&Dancers, Joyce Trisler Danscompany, Washington Opera Ballet; founding member of SWATT in Paris and Zurich, the Dance Series at The Gallery in Berlin, Germany, and Lake Tahoe Dance Collective. Kristina's latest creation in collaboration with the fabulous Catherine Cabeen, "Glitter in the Gutter" has been performed regularly at Pangea Cabaret in NYC to delighted audiences and continues to conjure virtual laughter via their channel @glitterintheguttertv.

Monday, March 1**Broadway Jazz Dance****10:25-11:40am**

Sue's jazz class is rooted in the classic jazz dance style, from the time jazz dance was born! The class begins with a jazz barre warm-up, floor exercises for stretch and strength, jazz isolations, and a jazzy/theatrical dance choreography.

Sue Samuels has established herself as one of the staples of the performing arts community of today. With a lifetime of experience, her expertise is often sought after for mentoring and coaching purposes by professionals and aspiring artists alike from around the world. She received the Flo-Bert Award, and in 2018 the DANCE TEACHER AWARD. Sue performed on Broadway, TV and stage performances both nationally and internationally. Sue Samuels together with Jo Jo Smith, was the co-founder/owner of JoJo's Dance Factory in New York City, which later became Broadway Dance Center and is part of the founding teaching faculty at Broadway Dance Center in NYC. In 2009 she founded Jazz Roots Dance Company, in order to preserve and promote original repertoire from JoJo's Dance Factory as well as continue to develop her own choreographic voice that is rooted in classic jazz. She also aims to preserve the work of other classic jazz styles.

Intro to Yoga**12:30pm-1:45pm**

Come lubricate your joints and enliven your mind with a gentle yoga flow class. We will work on some breath-work for reducing anxiety as well as poses that energize the mind-body connection.

Mariah Steele (*See bio above*)

Tuesday, March 2**Conditioning for the Dancer/Athlete****9:40am-10:55am**

Body conditioning aimed to develop and strengthen specific musculature as it pertains to physical demands of dancers, athletes, martial artists, as well as those who wish to explore a mindful, physical and anatomically sound practice. Will introduce fundamental strength training based in Pilates, hands-on bodywork and basic movement sequences designed to help prevent injury as well as build core strength, endurance, coordination and overall physical mobility and stability.

Anne Harris Wilcox (*See bio above*)

Wednesday, March 3**Capoeira: Brazilian Art Movement****4:50pm-6:20pm**

An art form of self-defense with aerobic and dance elements that brings together these harmony of forces. Through looking into history, movement and culture, students will gain self-confidence, power, flexibility, and endurance in a positive environment with proper progressions. Open to those of any background and fitness level. Capoeira allows you to balance the body, mind, and soul by enabling one to break through limits and revitalize oneself for everyday life.

Todd Russell: Born in Buffalo, New York, Todd Russell has studied capoeira for the past 15 years. Russell graduated from Capoeira Mandinga, under the supervision of Mestre Marcelo Pereira, in the first international capoeira event; taking place in August of 2006 in Ubatuba, Brazil. Russell has been promoting and presenting capoeira through performing, teaching and providing his knowledge and expertise within this Brazilian art. In October of 2004, he founded the Academia com Expressão, a professional company for capoeira that has performed and offered workshops throughout the United States and abroad, including classes within the Department of Movement and Dance at the University of Rochester; working with Sankofa in Brockport, NY; Pixar Animation Studios in Berkeley, CA; and various groups in Brazil, Japan and China. Russell currently holds classes throughout the year within the greater Rochester area.

Friday, March 5**High School Day****11:00am-12:15pm**

Missy Pfohl Smith (*see bio above*)

Anne Harris Wilcox (*see bio above*)

Experiencing Qi Gong and Introduction to Walking Meditation Qi Gong Way to Health (DANC 209)

2:00pm-3:15pm

Qi Gong is a Chinese internal art and an early forerunner of Tai Chi which embodies a holism of mindfulness and movement practices providing the dancer and athlete with healthy lifestyle choices and wellness training for better breathing and cultivating harmonious energy flow. This workshop will cover 1. A brief overview of the philosophical and movement fundamentals of Qigong; 2. An exercise for relaxing the body, breathing, and mind; and 3. An introduction to walking meditation.

Robert Loughridge has been an instructor at the University of Rochester in the Program of Dance and Movement since 2001 teaching courses in Tai Chi and Qigong. In addition to his study of Taijiquan and Qigong, his martial arts background of over 35 years includes advanced black belt levels in Isshin Ryu Karate and Tae Kwon Do. He earned a B.A. in English from Alfred University and a M.A. in English from SUNY Brockport. He is especially interested in introducing students to the idea of the “Scholar Warrior,” as expressed in the saying “One’s martial achievements lie in the cultural and one’s cultural achievements lie in the martial” and embodied in the ideal of achieving mastery through an integration of many arts including Asian brush painting and calligraphy, poetry, music, philosophy, martial arts, sport and dance.

Behind the Scenes With Bridgman | Packer Dance Performance 7:00pm

Art Bridgman and Myrna Packer, Artistic Directors of Bridgman | Packer Dance will discuss their creative process, including their concept of Video Partnering, which is the integration and melding of live performance and video technology on stage. They will show their development of this work with slides and video excerpts of their performances and process. They will demonstrate their use of green screen technology, live video processing on stage, and multi-camera work with the emphasis on how the technology can enhance and expand their choreographic vision. They will also discuss their creation of stand-alone dance films, focusing on the use of camera angles, framing, and lighting

Art Bridgman and Myrna Packer, Artistic Directors of Bridgman|Packer Dance, are Guggenheim Fellows and 2017 NY Dance and Performance Award recipients (The Bessies). Their collaborative work focuses on integrating live performance and video technology in order to blur the line between image and reality, explore identity, and reveal multiple layers of consciousness. They are also recipients of four National Performance Network Creation Fund Awards and numerous grants and fellowships from the National Endowment for the Arts, National Dance Project, New York State Council for the Arts, and New York Foundation for the Arts.

Sunday, March 7

inspireJAM Classic Hip Hop Dance Master class

4:00pm-5:00pm

“Classic Hip Hop dance” is a term used to describe the styles that created the foundation of what is seen today in popular concert choreography and dance competitions. Breaking, Popping, Locking, and Up/Rocking emerged in the late 70’s in NYC. In the 80’s and 90’s other social dances appeared in response to the new rap music trends including New Jack Swing. This class will introduce students to basic movements in each of the styles with brief historical references that will help position today’s trends in a continuum of urban expression giving them an intro to basic technique. These original dance styles, grounded in previous dance movements such as Jazz, Capoeira, Tap dance, West African and Salsa, help to frame today’s commercial version of Hip Hop as a marketing ploy. Young dancers aware of their lineage can step confidently into their careers strengthened by a sense of ownership and legacy.

Ana “Rockafella” Garcia is a NYC native who has represented women in hip-hop dance professionally over the past two decades. She cofounded Full Circle Prod Inc- NYC’s only non-profit Break Dance Theater Company with her husband veteran Bboy Kwikstep generating theater pieces, original poetry and NYC based dance related events. She directed a documentary highlighting the Bgirl lifestyle entitled “All The Ladies Say” with support from the Ford foundation and performs music based on her experiences growing up in Hip-hop’s Mecca. She is hired internationally to judge Break dance competitions based on her mastery of the classic Hip-hop dance style and she teaches unique workshops aimed at evolving and preserving its technical aspects. She has worked within the NYC public school system exposing young students to the possibility of a career in dance. Presently she is an artist in residence at the American Tap Dance Foundation, an adjunct professor at The New School and a DANCE NYC Annual Symposium planning committee member. In May of 2017, she launched Shiroka—a t shirt fashion line with Shiro, a Japanese Graffiti artist. She has been featured in pivotal Rap music videos, tours, film, and commercials as well as choreographed for diverse festivals/concerts, such as Lincoln Center Out of Doors, Momma’s Hip-hop kitchen and the Oregon Shakespeare Festival. Rockafella is a multi-faceted Hip-hop artist who references street and Latino culture as her foundation.

Acknowledgements

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We are grateful to all of the guest teachers, artists, and faculty for inspiring us, teaching us and encouraging us. We also thank all the student dance groups for participating in the festival with vibrant performances and for their love of dance!

Keep moving and dancing!

Missy Pfohl Smith
Director, Program of Dance and Movement

The Program of Dance and Movement offers a BA in Dance with two concentrations, Creative Expression & Performance and interdisciplinary Dance Studies. It also offers a minor in dance, a minor in movement studies, 4 clusters and various electives. For more information, visit www.sas.rochester.edu/dan