

March 15-March 25, 2022

# inspire **DANCE** Festival

University of Rochester's  
**12<sup>th</sup> Annual Dance Festival:**  
**A celebration of dance and community**



## Festival Program

# 12th Annual inspireDANCE Festival

Note from the Director

*Welcome to the 2022 inspireDANCE Festival*

Celebrating its 12<sup>th</sup> 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 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



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 the region to battle for a cash prize, and to defend the inspireJAM title. We are thrilled to celebrate the 10<sup>th</sup> inspireJAM this year, along with a Krump workshop.

## Student Showcase Spectacular

### Friday, March 18 at 8pm

Featuring UR's Student Dance Groups including:



*Bhangra      Salseros      RICE Crew      Royals Dance Team      Phoenix Fire      Louvre      Indulgence*  
*Sihir Belly Dance Ensemble      UR Celtic      Ma'Frisah      Xclusive Step Team      Ballet Performance Group*

***Organized by UR Dance Council***

***inspireDANCE Full Schedule 2022***

**Tuesday, March 15**

12:30-2:30pm	Create a Space Now	Hettie Barnhill
5:00pm-6:30pm	Film screening: Create a Space Now	Hettie Barnhill

**WEDNESDAY, MARCH 16**

4:50pm-6:20pm	Capoeira	T. Russell*
6:15pm	On Film Series: Performance Through Cinema	

**THURSDAY, MARCH 17 High School Day**

9:00am-10:30am	Dances of Guinea, West Africa	K. Bangoura*
9:40am-10:55am	Intermediate Contemporary Dance	R. Beauchamp*
11:05am-12:20pm	DANC 235 Change: Welcomed, Denied	A. Wilcox*
11:05am-12:20pm	World Dance: Samba	E. Seche
11:05am-12:20pm	Dances of Guinea, West Africa	K. Bangoura*
12:30pm-1:45pm	Jazz Dance	S. Coolidge
12:30pm-1:45pm	Dance Improvisation	M. Pfohl Smith
2:00pm-3:15pm	Dance Improv	M. Steele*
4:50pm-6:05pm	Experiencing Qi Gong	R. Loughridge*

**FRIDAY, MARCH 18**

9:00am-9:50 am	Mindfulness Meditation	D. Corea*
8:00pm	Student Spectacular	Student Dance Group Performance

**SATURDAY, MARCH 19**

4:00pm-5:30pm	Dance and Music Improvisation Jam	M. Steele*
	<b>Dancers and Musicians welcome!</b>	

**SUNDAY, MARCH 20**

12:00-1:30pm	Ballet Master class	Alaina Olivieri
1:30pm-2:30pm	inspireJAM Krump Workshop	J. Barber
3:00pm-5:00pm	inspireJAM	

**MONDAY, MARCH 21**

2:00pm-3:15pm	Intro to Yoga	C. Sutton-Dowdell*
3:25pm	West African Dance	K. Bangoura*
8:00pm-10:00pm	Swing Dance Night	

**TUESDAY, MARCH 22**

12:30pm-1:45pm	Beginning Contemporary	R. Beauchamp*
6:15pm	On Film Series: Performance Through Cinema	

**WEDNESDAY, MARCH 23**

10:25-11:40am	Tap Dance in American History: Context & Practice	C. Johnson*
12:30pm-1:45pm	Dance History	M. Steele*
6:30pm	Egyptian Orientale	D. Young

**THURSDAY, MARCH 24**

11:05-12:20pm	Interm Somatic Ballet	N. Mandrino*
8:00pm	Return to Corea	C. Johnson*

**Friday, March 25**

2:00pm-3:30pm	No Contact - Contact Improvisation	S. Jacob
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# Faculty and Guest Concert!

## Return to Corea

with Cheryl Johnson, David Cohen, Richard Delaney and David Arenius

Thursday, March 24<sup>th</sup>  
8:00 pm



Return To Corea is a tribute performance to Chick Corea, a DownBeat Hall of Famer and NEA Jazz Master, 23-time Grammy winner, and keyboard virtuoso. Chick Corea has attained living legend status after five decades of unparalleled creativity and an artistic output that is simply staggering. Chick is the fourth-most-nominated artist in the history of the Grammys, with 65 nominations. He's also earned 3 Latin Grammy Awards, the most of any artist in the Best Instrumental Album category.

*Sometime ago, I had a dream  
It was happy, it was lasting  
It was free!  
And now in life  
Oh can't you see?  
How we can make that dream into a reality?*

From "Sometime Ago," music by Chick Corea

These lyrics have echoed in my mind for decades. Sometime ago, I had a dream to engage some excellent jazz musicians to collaborate on what I imaged as *The Chick Corea Project*. I wanted to *play* in the rhythmic melodies, the percussive landscapes, the passionate basslines, and the experimentation that Chick Corea is famous for. At long last, the Hochstein School of Music & Dance, along with three excellent musicians, have allowed me to entertain that dream in this Faculty Spotlight Concert. (Cheryl Johnson)

**ARMANDO ANTHONY "CHICK" COREA** was an American jazz composer, keyboardist, bandleader, and occasional percussionist. His compositions "Spain," "500 Miles High," "La Fiesta," "Armando's Rhumba," and "Windows" are widely considered jazz standards. As a member of Miles Davis's band in the late 1960s, he

participated in the birth of jazz fusion. In the 1970s he formed Return to Forever. Along with McCoy Turner, Herbie Hancock, and Keith Jarrett, Corea is considered one of the foremost jazz pianists of the post-John Coltrane era. (Wikipedia)

**KEYS:** Mambo Kings musical director and pianist **RICHARD DELANEY**, born and raised in Lima, Peru, has been active as a jazz pianist, arranger and composer in Rochester since earning a Master's Degree from the Eastman School of Music in 1978. He has written and performed music for film, television, the stage and the concert hall. He has performed with the Rochester Philharmonic and the Rochester Chamber Orchestra, as well as with Paquito D'Rivera, Bobby Sanabria and numerous bandleaders in Rochester. His original compositions and arrangements for orchestra have been performed throughout the US and Canada, by the Baltimore, Dallas, Vancouver and Detroit Symphonies and the Rochester Philharmonic, among many others. He produced three recordings for Mambo Kings -- *Marinera* (2003), *Live!* (2005) and *Nostalgia* (2008)- on their own label, Mambokingdom Music. Richard joined the piano faculty of the Hochstein School of Music in 1985 and has directed the school's Jazz Ensemble Program since 2001.

**BASS:** Bassist and Rochester native **DAVE ARENIUS'** 40 years as a musician have been marked by variety. He has appeared on 16 recordings, including with Rick Holland/Evan Dobbins' Little Big Band, Joe Salzano's Blue Devils, with singers Madeline Forster and Kristen Shiner, Folk artists Dennis Monroe, Brooks Williams and Judy Polan. He has performed with Herb Ellis, Tal Farlow and Attila Zollar, with mainstream jazz artists Harold Ousley, Harold Betters and Clarence "C" Sharp, and with avant-garde composers and players Archie Shepp, Anthony Braxton and Roscoe Mitchell. David has also accompanied singers Nancy Kelly, Diane Holmes, Michelle Hendricks and Marie Calloway. In the world of blues and R&B he has shared the stage with Matt "Guitar" Murphy (of Blues Bros. fame), Mose Allison, the Marvellettes, and Joe Beard. He has played with local and regional artists Joe Romano, Sal Nestico and Don Menza

**TAPS/VOCALS:** **CHERYL JOHNSON** has performed Off Broadway, at International Dance Festivals, in Music Videos, on TV specials, in nightclubs, and in touring dance companies. In Seattle, she was the dance consultant to the Jimi Hendrix Museum: Experience Music Project and an ambassador of rhythm tap dance hosting festivals, master classes, educational programs, and creating choreography for musical theatre and the concert stage. In NYC, she was a member of Gail Conrad's Tap Dance Theatre, Jerry Ames Tap Dance Company, and performed as a pioneer dancer for the original creation of MTV. Johnson is a dance educator at the University of Rochester, SUNY at Brockport, Nazareth College, and Hochstein School of Music & Dance. She has had the great privilege of honing her craft with tap masters such as Charles 'Cholly' Atkins, Brenda Bufalino, Gregory Hines, Dianne Walker, Arthur Duncan, and the Nicholas Brothers. Cheryl is honored to have choreographed dance works in collaboration with composer/performers such as Octavio Vazquez, The Rita Collective, Ricky Ford, Richard DeLaney, Michael Shrieve, Steve Kim, David Horace Davies, and Ed Hartman.

# Sunday, March 20<sup>th</sup> 1:30pm-5:00pm 10<sup>th</sup> Annual inspireJAM All-Styles Battle

May Room, Wilson Commons (Fourth Floor)



**1:30-2:30pm Battle registration  
and a simultaneous Krump  
workshop with Jermaine Barber**

**Judges: Jermaine Barber,  
James Levy and R-Lo  
DJ: "Sike" Lewis  
MC: Ben Ortiz**

**2 v. 2 All Styles Battle**

**\$10 to take a workshop and/or battle;  
\$5 to spectate  
FREE to all with UR ID**

**3:00-5:00pm  
\$300 Cash Prize**

***Special thanks to William Young for support of the inspireJAM 2022!***



## inspire DANCE Master Classes & Events:

### **Tuesday, March 15:**

**Create a Space Now with Hettie Barnhill**

**12:30pm-2:00pm**

**Film screening: Create a Space Now**

**5:00pm-6:30pm**

Masterclasses and film screening, "A Love Letter to Brian, Lesley, and Michelle," engagements with Broadway actress, director, choreographer, and founder of 'Create a Space NOW,' Hettie Barnhill.

### **Wednesday, March 16:**

**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.

**On Film Series: Performance Through Cinema**

**6:15pm**

*Ellis Island*, Meredith Monk, 1982, Video, 28 min

*O, Persecuted*, Basma Alsharif, 2014, 12 min

*Just Dandy*, Thirza Cuthand, 2013, 8 min

### **Thursday, March 17:**

**Dances of Guinea, West Africa**

**9:00am—10:30am**

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.

**Intermediate Contemporary Dance**

**9:40am—10:55am**

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.

**Rose Pasquarello Beauchamp's** choreographic work with inFluxdance and SirensProof Films has been featured internationally for the past 14 years and continues to flourish with electricGrit dance. She has been selected for multiple residencies and performance projects across the country. In 2012 her work was highlighted in an art installation centering around Dance and Social Change at the Rochester Contemporary Art Center. Between 2016-2021, her work has toured to various festivals including Assemble Festival in Detroit, MI, Southern Vermont Dance Festival, Richmond Contemporary Dance Festival, Rochester International Fringe Festival, MAD Festival, Vision of Sound, and Dances at MuCCC. Most recently, she was selected as the recipient of the 2020 Western NY Choreographers' Initiative Award, sponsored by NYS Dance Force. Rose is co-founder of Artists Coalition for Change Together (ACCT), an organization founded in 2016 as a way to engage dancer-citizens in Rochester and beyond. In 2017, she received a grant from the Rochester Center for Community Leadership to spearhead an initiative using dance to foster collaborative relationships across various communities. Since then, her work as a community-engaged educator and artist has deepened. She teaches with a focus on the dancer-citizen and creates with an emphasis on community engagement. Rose continues to perform and present her creative research internationally with a focus on dance as an agent of change. Currently, she is exploring metaphor as it relates to socio-political art making and bodies of resistance. She is an associate professor at the University of Rochester in the Program of Dance and Movement.

**Change: Welcomed, Denied, Inevitable: An Investigation Through Movement, Writing, and Dialogue 11:05-12:20pm**

If there is one thing we, as humans, can count on, it's that things change. Whether on a cellular, environmental, political, ideological, or physical level, change is a constant in our lives and in our world. This new Humanities for Life course will incorporate multiple disciplines to provide greater scope and perspective on change and observe how artists from dance, music, and fine arts have creatively explored the subject. Psychology, Economic, Political Science, Linguistic, and Sustainability scholars will contribute to the course's rich discussion and investigation. "What is my personal relationship with change?" is one of the course's primary questions. As

a final creative project, students will use movement, writing, music, art, and/or spoken word to express their own ideas about change. Classes will regularly explore embodied practice, creative and reflective writing, and expansive discussion to dive into this important inquiry.

**Anne Harris Wilcox** (MFA, NYS K-12 certification) is a full-time associate professor at the University of Rochester where she teaches and choreographs for the Program of Dance and Movement. She serves as the community engagement liaison for the dance program, and is on the Rochester Center for Community Leadership's Capstone Committee. She is the founder and director of, *Present Tense Dance*, a contemporary dance company she ran from 1991-2016.

Anne continues to choreograph independently; her recent work has appeared in multiple Rochester Fringe Festivals, National Water Dances at the University of Rochester River Campus, Dances at MUCCC series, Geva Next Stage, Artists Coalition for Change Together, and Wallbyrd Theater's productions: *Two Gentleman of Verona*, *MacBeth*, *Taming of the Shrew*, and *Romeo and Juliet*. She performed as *The Shadow in The Shadow of the Hummingbird*, directed by Lindsay Baker and has danced in several works by choreographers Missy Pfohl Smith (BIODANCE) and Rose Pasquarello Beachamp.

Anne is a former president of New York State Dance Education Association and the State Affiliate Representative for the National Dance Education Organization. She was awarded the 2106 Outstanding Leadership Award by New York State Dance Education Association. She has created several dance/theater works including: *The Kitchen Revue*, *The Seal Maiden*, *The Picture of Dorian Gray*, *When the Souls Rise*, *A Public and Private Hearth*, and her latest work (2019), *Nanosecond*. In 2013 she created *Active Learning Games, LLC*, a company dedicated to creating kinesthetic educational activities for grades K-12 and university curriculum and has presented at conferences throughout the United States. In 2018 she presented at the International Dance Education Conference, *Spirit of Creativity*, in Kuala Lumpur, Malaysia. Anne's interest in intergenerational creativity and performance has led her to studying with artists from Dance Exchange, founded by Liz Lerman, in Tacoma Park, MD. Anne is certified in Pilate's mat work and is currently pursuing training/certification for Dance for Parkinson's Disease through the Mark Morris Dance Group.

### **Samba with Euridyce Seche**

**11:05am-12:20pm**

Samba is an old Brazilian style of dance with many variations, is African in origin. It has been performed as a street dance at carnival, the pre-Lenten celebration, for almost 100 years. Many versions of the Samba (from Baion to Marcha) are danced at the local carnival in Rio. There are differences between carnival samba and ballroom samba.

**Euridyce Seche** was born and raised in Cape Verde Islands. She earned a Masters in Education and Bachelors degree in Dance. Seche co-directed Akoma N'Toaso African Dance Company for 13 years. She also traveled and competed with Author Murray Dance Studio in Rochester before she had two beautiful children.

### **Dances of Guinea, West Africa**

**11:05am-12:20pm**

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 (*See bio above*)

### **Jazz Dance**

**12:30pm-1:45pm**

A fusion of classical and vernacular jazz styles, this class explores jazz dance as a contemporary art form. Working from a strong center, dancers will work towards finding a balance between breath and control, while also exploring body awareness, movement efficiency, and personal expression. Class consists of technical combinations containing varying rhythms and contrasting dynamics, body isolations, improvisation, and culminates in learning an original piece of choreography. Warm-up is performed with bare feet. If wanted, dancers are welcome to wear jazz or heeled character shoes as the class transitions to across-the-floor and center work. While previous dance experience is helpful, this class is open to students of all levels.

**Sarah Coolidge (she/her)**, is an interdisciplinary dance artist and educator currently based in Rochester, NY. She holds an MFA in Interdisciplinary Arts from Goddard College and BA in Dance from Marymount Manhattan College, and is also a certified Pilates instructor with a specialization in dancers. She has spent her professional career in higher education creating work, teaching dance technique (modern, jazz, ballet) and conditioning courses, and working with student-athletes to improve their athletic performance as well as prevent and overcome injuries. Sarah's research focuses on dancer wellness: examining the ways in which sleep, rest, and food practices affect the physical and mental capabilities of the dancer, as well as the direct impact those decisions have on the creative process.

Choreographer of dance and theatre since childhood, Sarah has had her work presented at numerous venues in the Northeast, including Nazareth College, St. Lawrence University, Edwards Opera House, Rochester Contemporary Art Center, and Goddard College. She has also been a guest artist at Nazareth College, South Jefferson Dance Company, and Ballet Academy of Northern New York. Her theatrical credits include choreographer for The Harley School's production of *Onegin*, St. Lawrence University's production of the opera *Amahl and The Night Visitors*, and local productions of *Hello, Dolly!* and *Give My Regards To Broadway*. Sarah has performed with BIODANCE, FuturPointe Dance, Grounded Ariel, Rochester Contemporary Dance Collective, Rochester Dance Project, Ajkun Ballet Theatre, and Rochester Lyric Opera, as well as performed works by various independent artists including Heather Roffe, Kathy Diehl, Ellen Sinopoli, and Mark O'Malley.

### **Dance Improvisation**

**12:30pm-1:45pm**

In this improvisation class, we will work on exploring different movement qualities and creating duets that communicate an emotion, all while moving in the moment, however your body moves you.

**Missy Pfohl Smith** is a choreographer, performer and collaborative artist who directs the Program of Dance and Movement and the Institute for the Performing Arts at University of Rochester. She founded and serves as artistic director for the contemporary repertory company, BIODANCE, based in Rochester, NY. The "Gorgeous...astounding...exceptional" BIODANCE plays to sold out houses regionally and internationally, and Rochester City News said of her most recent collaborative project *Aria*, "Every bit of the performance was an absolute masterpiece." She enjoys creating site specific work and her socially conscious choreography, performance and teaching has spanned across the US and internationally in 9 countries, most recently in Greece, Germany, Finland and Scotland, where she sold out both of her two shows in Edinburgh Fringe with her violist partner Bridget Kinneary (ESM '15). Since 2010, Missy has been volunteering to teach weekly limited mobility dance classes for elders at Community Place of Greater Rochester, where BIODANCE also offers gratis performances 2-3 times per year.

Missy grew up in Buffalo and received her BS in Dance from the College at Brockport. Before returning to Rochester in 2004, Missy was based in NYC for 12 years and performed and taught internationally. While there, she studied and worked as an apprentice for the Erick Hawkins Dance Company. At the same time, Smith became a founding company member and later the Assistant Rehearsal Director of Randy James Dance Works, with whom she toured nationally and internationally from 1993-2003. She also performed nationally with Paul Mosley from 1997-2004 and with various independent artists including Philippa Kaye and Kriota Wilberg. In 2002, she received her MFA in Choreography and Performance from Sarah Lawrence College and founded BIODANCE.

Missy currently keeps an active choreographic, performative and collaborative practice creating new work for BIODANCE as well as performing with choreographers including Bill Evans, Rose Pasquarello Beauchamp, Anne Burnidge, Sarah McCormick, Courtney World and Cadence Whittier. A repertory company, BIODANCE has licensed and performed works by artists such as Heidi Latsky, D. Chase Angier, Randy James, Katherine Kramer, Jeanne Schickler Compisi and Ivy Baldwin. Over the past decade, she has built an ongoing collaborative relationship with digital media



artist W. Michelle Harris (Rochester Institute for Technology) with whom she has created several evening length shows at the Rochester Museum and Science Center's Strassenburgh Planetarium and at the Lyric Theatre. They have also created other surprising and unusual site-specific works. As an educator, Missy specializes in contemporary modern dance, dance and social justice, somatics, composition and performance studies, and has earned her certification in Bill Evans Somatically-based Pedagogy. She serves at Posse Mentor at University of Rochester for 10 amazing scholars from Washington, DC who have earned merit-based leadership scholarships. She has also been active in filmmaking, both in collaborations with her own choreography as well as performances in documentaries and experimental films.

Missy serves on the Board for the Keybank Rochester Fringe Festival, a Festival for which she has also created critically acclaimed shows since its inception, including a collaboration with headliner *Grounded Aerial* in which BIODANCE danced on the outdoor sculpture *Tribute to Man* for an estimated audience of 13,000. She has received Individual Artist and Company grants for her choreography and for BIODANCE events and educational dance residencies from the New York State Council on the Arts and the NY State Legislature, administered by Livingston Arts and the Arts and Cultural Council of Greater Rochester, Rochester Area Community Foundation, The Max and Marian Farash Foundation, Gouvernet Arts Fund, Westchester Arts Council, the HWS Center for Teaching and Learning, United University Professions, Career Transitions for Dancers and more.

### **Dance Improvisation**

**2:00pm-3:15pm**

Join DANC 160: Dance Improvisation for a fun and lively investigation of group improvisational scores and collective choreography! Be prepared to participate as both an improviser and audience member.

**Mariah Steele** (*See bio above*)

### **Experiencing Qi Gong**

**4:50-6:05pm**

Qi Gong is a Chinese internal art and an early forerunner of Tai Chi which embodies a holism of Eastern martial arts; traditional Chinese medicine; and meditation and mindfulness practices. Qi Gong provides the dancer and athlete with healthy lifestyle choices and wellness training for better breathing and cultivating harmonious energy flow. Participants will learn the movement fundamentals and philosophical background for the popular Eight Section Brocade Form (*Ba Duan Jin*) and also an exercise for relaxing the body, breathing, and mind.

**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 40 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.

## **Friday, March 18**

### **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 Coreia** 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.

### **Student Spectacular Performance- STUDENT DANCE GROUPS**

**8:00pm Sloan Performing Arts Center**

## **Saturday, March 19**

### **Dance and Music Improv Jam**

**4:00pm-5:30pm**

This event is an open Improvisation Jam for dancers and musicians. After a short warm-up and setting up guidelines, participants will be free to move however they want for the extent of the Jam, interacting with the improvised music. No previous dance improvisation experience is needed, but please be prepared to participate the entire time. Musicians: we welcome any and all instruments! (A piano is available.) If you are both a dancer and a musician, you are invited to alternate between the two art forms.

## **Sunday, March 20**

### **Ballet Master Class!**

**12:00pm-1:30pm**

This class is designed to help find the dancers alignment and build strength. Starting on the floor with a short series of exercises as an intro, moving thereafter to the barre to apply what we have learned on the floor, to our barre work. We then finish with a shorter center movement to get the body moving in a more organic way through the ballet class.

Alaina Olivieri is a freelance performer, collaborator, movement artist, dance educator, and mother of five. She is an active member with Rochester based dance companies BIODANCE (Missy Pfohl Smith) and HadCo. (Eran David P. Hanlon). She also frequently performs with Commotion Dance Theater and Daystar Dance. Alaina is currently adjunct faculty at Hobart and William Smith Colleges, teaching Intermediate Contemporary Ballet. She has been a guest choreographer and instructor for the Ballet Ensemble of Hobart and William Smith Colleges, co-curator of the Vision of Sound New Music and Dance Concert series, guest instructor for the Environmental Studies Summer Youth Institute, and an adjudicator for NDEO's National Dance Honor Society. She performs locally and nationally in festivals, theaters, galleries, and universities, and appears in photography and dance on camera. Alaina has been teaching dance for over 20 years, and is currently the director of The Ballet School of St. Peter's Community Arts Academy (Geneva, NY) where she enjoys teaching movement to people of all ages.

# inspireJAM

## inspireJAM Krump workshop

1:30pm-2:30pm

**Jermaine Barber (Stage name Maine)** Krump and Praise Dancer, Graduate student at Roberts Wesleyan University, studying education  
ELA teacher at Rochester Prep Middle School, Dancer of the Year Winner for the 2017 ROC

## inspireJAM All-Styles Battle

3:00pm-5:00pm

### Judges:

**Jermaine Barber (Stage name Maine)** See bio above.

**James Levy Jr., aka T.E.I.N.,** has been a part of the dance community for about 12 years now. Based out of Buffalo NY, he has taught workshops and competed in many events in and out of New York state. James is very thankful for all of the opportunities dance has allowed him to be a part of, and he hopes to continue bringing a positive and uplifting nature to those around him through dance.

**R-Lo** is an upstate NY artist and dancer. R-Lo's technical training in street styles spans over 13 years. He has made his name built off a style that embodies everything that is himself. R-Lo seamlessly blends and distorts styles, fore fronting in breaking, that force the viewer to become apart of the experience in the creation of a visual representation of sound.

**DJ: Manny "Sike" Lewis,** a DJ from Buffalo, NY, is well-known for his ability to not only play music seamlessly from vinyl records, but also mixing multiple genres in a single set. No stranger to inspireJAM, he's played at almost every one each year."

**MC: DJ ha-MEEN (aka Ben Ortiz)** lives in Ithaca, NY where he rocks dance floors of all stripes with his unique blend of classic Hip Hop, Soul, R&B, Salsa, Boogaloo, Dancehall, Bboy/Bgirl Breaks, and other miscellaneous funkiness. When not DJing, he works as the Assistant Curator of the Cornell Hip Hop Collection ([preservinghiphop.org](http://preservinghiphop.org)).

## Monday, March 21

### Hatha Yoga

2:00pm-3:15pm

**Cloria Sutton-Dowdell** has an associate's degree in human service, a bachelor's degree in Kinesiology and dance, and a master's degree in liberal studies with a concentration in dance. She is also a graduate of the Greater Rochester Parent Leadership Training Institute (PLTI), an Experienced Registered Yoga Teacher (E-RYT) at the 500-hour level, and have a Registered Children's Yoga Teacher (RCYT) Certificate with a Trauma-Informed Focus. Cloria teaches yoga at [yoga4agoodhood](http://yoga4agoodhood.com), TRU Yoga Rochester, the YMCA of Greater Rochester, and is the founder of the youth organization Peaceful Youth Leaders.

Cloria has practiced yoga since 2011 and was introduced through dance while at the time dealing with Major Depressive Disorder and anxiety. It was early in her practice when she found a sense of freedom on her mat and later decided to deepen her practice. She learned to forgive herself for past mistakes, and take life day by day on life's terms, embracing change. It's Cloria's hope, dream, and aspiration to share that sense of freedom with all!

### West African Dance: Contact & Practice

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. Required outside work includes performance attendance, video viewing, text and article analysis, research and written work.

**Kerfala Bangoura** (*See bio above*)

## Tuesday, March 22

### Beginning Contemporary Dance

12:30-pm1:45pm

Introduction to dance technique, specifically in Jazz, Ballet and Contemporary Modern Dance. Emphasis will be on the development of basic skills, energy, strength, control, breath, alignment, continuity and connectivity, and rhythmic and bodily awareness. No prior training is necessary or expected.

**Rose P. Beauchamp** (*see bio above*)

### On Film Series: Performance Through Cinema

6:15pm

*Necrology*, Standish Lawder, 1971, 12 min

*Workers Leaving the Factory*, Harun Farocki, 1995, 36 min

*Removed*, Naomi Uman, 1999, 7 min

## Wednesday, March 23

### Tap Dance in American History: Context & Practice

10:25an-11:40am

An examination of the origins and the evolution of the art of tap dancing in American History. Tap dancing is a twentieth century term, but the practice it labels is much older, at least as old as the United States (What The Eye Hears: A History of Tap Dancing by Brian Seibert). The branches of the jazz dance tree are many and varied. Another branch on the tree represents tap dance, which shares most of the rhythmic proclivities of jazz dance, but expresses them mainly through the feet (Jazz Dance: A History of the Roots and Branches edited by Lindsay Guarino and Wendy Oliver). Through lecture, video & practice we will examine the art of tap dancing.

**Cheryl Johnson** has performed off-Broadway, at international dance festivals, in music videos, TV specials, nightclubs, and touring dance companies. In Seattle, she was the dance consultant to the Jimi Hendrix Museum: Experience Music Project and an ambassador of rhythm tap dance hosting festivals, master classes, educational programs, and creating choreography for musical theater and the concert stage. In NYC, she was a member of Gail Conrad's Tap Dance Theatre, Jerry Ames Tap Dance Company and performed as a pioneer dancer for the original creation of MTV. In Rochester she has enjoyed gigs with the likes of the Vision of Sound Concert Series, Bill Evans Dance Company, NYS Dance Force Duets Concerts, and the NYC New Mix Festival. Ms. Johnson is a dance educator at University of Rochester, College at Brockport, Nazareth College, and Hochstein School of Music and Dance. She has been awarded choreography grants for her Experience Music

approach to Percussive Expressionism. Ms. Johnson earned a BA in Dance Theatre from SUNY at Buffalo and has had the great privilege of honing her craft with tap masters such as Charles 'Cholly' Atkins, Brenda Bufalino, Gregory Hines, Arthur Duncan, Dianne Walker, Steve Condos and the Nicholas Brothers.

### **Contemporary Dance Around the World**

**12:30pm-1:45pm**

Come learn about the work of choreographers and dance companies from around the world - such as Akram Khan (Bangladeshi-British), Cloudgate Dance Theater (Taiwan), Ohad Naharin/Batsheva (Israel), and Grupo Corpo (Brazil) – who have combined contemporary dance with the movement traditions from their own cultures to create fascinating new styles and approaches to choreography.

**Mariah Steele** (*See bio above*)

### **Egyptian Orientale**

**6:30pm-7:45pm**

In this class, participants will learn the beauty and grace of the "Raqs Sharqi" style of belly dancing, a style that was created during the first half of the 20th century, and is elegant and dynamic in its performance qualities. We will learn essential movements and how to execute them, and then put them into a short choreography to dance to a modern classical Egyptian song. No experience necessary, just a willingness to learn!

**Dylaina Alexandria Young** is originally a trained ballet dancer who went on to attain her Bachelor's degree in Modern dance performance/choreography and Music performance/composition from Bard College. It was there that she fell in love with Middle Eastern, or "belly dance". After graduation, she began immersing herself in this style of dance while teaching and performing throughout New York State and surrounding areas. She moved to Rochester around 2009, where she continued to study with local and non-local instructors while growing her own teaching and performing career. She loves to belly dance at cultural festivals, weddings, and restaurants, but she especially enjoys teaching the history, rich culture, and art of belly dance to women (and men) of all ages, and sharing the gift of this dance with whomever she can!

## **Thursday, March 24**

### **Intermediate Somatic Ballet**

**11:05am-12:15pm**

In this class, we will explore ballet technique through the lens of somatic practice. We will encourage participants to use breath support, spatial intent and countertensions, as well as investigating anatomical mechanics and dynamic alignment, to develop deeper connection with their own body and mindful awareness. The exploration of whole body connectivity, shape and effort qualities will help participants to improve their movement efficiency and technical skills. All levels are welcome.

**Nanako Horikawa Mandrino** (she/her) is a Rochester-based performer, choreographer and collaborator. She is originally from Sapporo, Japan, where she started her ballet training at age of six. Nanako continued her dance education in the United States and received her BFA in Dance from The College at Brockport. She has been performing as a soloist and an ensemble member for local dance companies for more than 10 years. As an independent dance artist, Nanako had been involved in theater, opera, film productions, and co-produced shows presenting locally and internationally. Nanako has taught dance as a guest teacher at The College at Brockport, Nazareth College, Syracuse University, and Friends University in Wichita, KS, where she also served as a guest artist for The Nutcracker production. Nanako is a Certified Projective Kinetist (CPK) in Projective Kinetics Analysis and Training (PKAT) and a certified Pilates instructor at Evolution Pilates.

### **Return to Korea**

**8:00pm**

(*See above*)

## **Friday, March 25**

### **No Contact Contact Improvisation**

**2:00pm-3:30pm**

This workshop utilizes principles from Contact Improvisation and Body-Mind Centering to engage in lively relationship with other dancers and space without skin-to-skin touch. In utero as well as in the university we develop in relationship; receiving, relating and responding to each other and our environment through our senses. Our sense of touch can be a medium for deep listening and learning. However, when direct use of touch is not desired or possible, partnering with props can offer another kind access. With awareness of our energetic connection, we will use balls to awaken 3-dimensional movement and use dowels to connect from a distance, making manifest the shared responsibility in partnering. This rejuvenating class is for everyone, including those new to or who "don't like" improvisation. Come co-create, ground with Gerties, dance with dowels, energetically expand, playfully partner.

**Sarah Jacobs** is a movement artist and educator specializing in improvisation, somatics and interdisciplinary exchange. Recently transplanted to Rochester, she has made artistic homes in Minneapolis/St. Paul and Los Angeles, where she had the pleasure to work with artists including Cheng-Chieh Yu, Victoria Marks, Dan Froot, Alexx Shilling, Darrian O'Reilly, Trulee Hall, and Shamell Bell/Street Dance Activism. Currently a lecturer at SUNY-Brockport, Sarah has taught at Scripps College, UCLA, The Wooden Floor, Young Dance, St. Paul Conservatory for Performing Artists, and in countless K-12 schools as both a teaching artist and teacher trainer. Her own schoolin' includes UCLA's Department of World Arts & Cultures (MFA), the School for Body-Mind Centering (SME), and Carleton College (BA), where Jane Shockley set her on the path of anatomical investigation and creative collaboration. Sarah's teaching prioritizes agency and self-care.

## 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](http://www.sas.rochester.edu/dan)**

