

Contrapose Dance/BCA Residency Class Descriptions

MASTERCLASS with Sydney Skybetter of skybetter and associates (www.skybetter.org)

Beginning with a comprehensive warmup of the spine using contemporary Bartenieff and Release techniques, and incorporating phrase material from recent works, Sydney Skybetter's master class introduces the diversity of contemporary movement vocabularies in context of the skybetter and associates repertory.

MASTERCLASS with Kristen Arnold of skybetter and associates (www.skybetter.org)

This Master Class will be inspired by and based on the aesthetics of the skybetter and associates repertory. Class will begin with movement improvisation, followed by a thorough warmup incorporating aspects of developmental movement patterns, yoga, and ballet technique. The second half of class will investigate movement phrases from skybetter and associates' repertory. During this portion of class, students will have the opportunity to experience the physicality and musicality of Skybetter's choreography, while also having the freedom to make individual performance choices as they navigate the movement.

Open Modern class with Kristen Arnold (www.skybetter.org)

This technique class investigates how anatomy and movement mechanics interface with the qualitative aspects of dance performance. A series of simple movement exercises to establish efficient movement patterns will underpin alignment and mobility as class progresses to larger, more complex combinations. Class will culminate with phrase work ranging from floor work to jumping, all while encouraging musicality and personal performance choices. I aim to create a positive environment where dancers feel at home challenging themselves as artists, all while getting sweaty and having a great time.

Open Ballet class with Courtney Peix (www.contraposedance.com)

An intermediate/advanced class comprised of barre, center, and traveling exercises. The focus of this class will be to warm up the dancer through the use of traditional ballet vocabulary starting with attention to the feet and a sense of groundedness. Combinations will be layered upon this awareness as the body lengthens from it. Center work will continue using the balance established at barre in challenging and fun combinations.

Open Gyro class with Arian Winn (www.andarianwinn.com)

Gyrokinesis is the mat format version of Gyrotonics. Class begins on a stool with coordinated movements that open up the spine in every direction. Stretching out and warming up the back then moving in to the pelvis and shoulders. The second half of class is performed on a mat continuing to stretch but adding core strengthening exercises. Class concluded with some standing work, integrating the movements into motions that translate more into everyday life.

Open Modern class with Mariah Steele (www.quicksilverdance.com)

Each class will begin with an in-depth warm-up informed by the Bartenieff Fundamentals, focusing on building strength and widening range of motion while energizing our bodies and awakening breath and coordination. Center combinations will connect whole bodied movement with music, emphasizing dynamics, texture, character and focus to foster presence and performance skills.