

Dance Classes Spring 2010

Except as noted, contact Maureen Janson, 608-263-8927, mjanson@dcs.wisc.edu

www.dcs.wisc.edu/lisa/dance

To enroll call 608-262-2451 (reference UW registration code W64) or use the registration form found at the end of this document.

African dance

This class begins with a series of warmups, isolations, and strengthening exercises designed to prepare the body for African dance. Learn choreography and new dances that explore the diversity in movement and music of Guinea and Mali, West Africa. Live music by Madison-area drummers creates an invigorating and uplifting atmosphere. Students of all experience levels are welcome. **Instructor: Maya Kadakia** recently returned to the U.S. after a year studying traditional dance in Guinea and Mali, West Africa. She is excited to share her new material and her love of African dance.

Wednesday, Jan 27-May 5, 6-7:30 pm (no class Mar 31), State Street Center, 3rd Floor Studio, 122 State St, Limit 30, Enroll by Jan 23, 2.1, CEU, \$155, Program #1184

Ballet

The study of ballet technique formulates a combined appreciation for dance, music and art through development of grace, coordination, strength, and discipline. Please wear leotard, tights, and ballet shoes. Level placement by consent of instructor. Please e-mail Vivian Tomlinson at vtomlinson@education.wisc.edu with questions. **Instructor: Vivian Tomlinson** trained at the Univ. of Cape Town Ballet School, South Africa, before he became a principal dancer with Wisconsin Ballet Company.

State Street Center, 3rd Floor Studio, 122 State St, Limit 28, Enroll by Jan 22

Level 2 Continuing Beginning: Program #1172, Monday, Jan 25-May 3, 5:30-6:45 pm (no class Mar 29), 1.8 CEU, \$131

Level 3 Elementary: Program #1175, Monday, Jan 25-May 3, 6:45-8:15 pm, 2.1 CEU, \$155

Level 4 Intermediate: Program #1191, Thursday, Jan 28-May 6, 6-7:30 pm (no class Apr 1), 2.1 CEU, \$155

Creating dance through structured improvisation

This course familiarizes you with various structures for developing in-the-moment creative dance. Experience the joy of your own authentic dance movements. Become more comfortable with initiating, sharing, following, joining and leaving. Personal growth and exciting dance emerge in this process. Recommended: one year of modern dance or consultation with instructor (608-249-2714). **Instructor: Lynne Rothermel Novotnak** (MA in dance/movement therapy) studied at the Institute for Creative and Artistic Development in San Francisco. She has been teaching creative process in dance and art for more than 20 years.

Thursday, Jan 28-May 6, 4:30-6 pm (no class Apr 1), State Street Center, 3rd Floor Studio, 122 State St, Limit 28, Enroll by Jan 23, 2.1 CEU, \$155, Program #1190

Guest Artist Series: Highland Dance

Learn the Highland Fling, one of the oldest traditional dances of Scotland. Beginners welcome; reservations required. For details and to reserve a place in the class, please contact Maureen Janson, 608-263-8927 or visit www.dcs.wisc.edu/lisa/dance/guestartist.htm online. **Instructor: Margaret Thompson** trained at the Univ. of Cape Town Ballet School, South Africa, before he became a principal dancer with Wisconsin Ballet Company.

Saturday, Feb 6, 11 am-12:30 pm, State Street Center, 3rd Floor Studio, 122 State St, Limit 30, 0.15 CEU, \$15, Program #1194

Hip hop dance

In this high-energy class, hip-hop dancers of all levels focus on basic style and technique and using this technique in a variety of routines. We devote several classes to learning the choreography, with plenty of time for you to develop your own personal style and enhance your performance. **Instructor: Erika Bozinovski** has studied and taught hip hop dance in the Madison area for the past eight years.

Monday, Jan 25-May 3, 8:15-9:15 pm (no class Mar 29), State Street Center, 3rd Floor Studio, 122 State St, Limit 40, Enroll by Jan 20, 1.4 CEU, \$106, Program #1176

Irish step dance

This class introduces you to the basics of solo Irish dancing, including jigs, reels, and hornpipes. Focus on rhythm and posture as you explore energetic light/hop and heavy/percussive dances in modern and more traditional styles. **Instructor: Heidi Hakseth** is an Irish music and dance enthusiast. She has taught Irish dances to adult students for more than 10 years.

Wednesday, Jan 27-May 5, 7:30-8:30 pm (no class Mar 31), State Street Center, 3rd Floor Studio, 122 State St, Limit 28, Enroll by Jan 23, 1.4 CEU, \$106, Program #1186

Latin dance/salsa

Learn energetic, exciting, and passionate Latin dances like the rumba, cha cha, and salsa in this class, perfect for beginners and experienced dancers alike. We cover turns, spins, style, and basic patterns for several Latin dances as well as challenges in balance, speed, flexibility, body awareness, and expression for more advanced dancers. No dance experience required; no partner necessary. **Instructor: D. Francis Dieringer** began ballroom dancing in college and hasn't stopped since. He is teacher and co-owner of Art of Dance Studio in downtown Madison.

Tuesday, Jan 26-May 4, 4:30-6 pm (no class Mar 30), State Street Center, 3rd Floor Studio, 122 State St, Limit 30, Enroll by Jan 20, 2.1 CEU, \$155, Program #1196

Middle Eastern dance: Raks Sharki

Raks sharki, Arabic for "dance of the East," is the classical solo woman's dance of the Middle East. Classes begin with warmup stretches, then progress to hip articulation, body isolations, and dance combinations. We also include some folkloric dances. Finger cymbals are required. Please wear attire suitable for movement, bare feet. **Instructor: Sadira** has performed and taught Middle Eastern dance for more than 20 years. She travels and studies dance in Egypt, Morocco and Jordan; produces the Madison Middle Eastern Festival; and directs the Riad Dance Company.

Tuesday, Jan 26-May 4, 5:30-7 pm (no class Mar 30), Kanopy Dance Studio, 341 State St, Limit 24, Enroll by Jan 20, 2.1 CEU, \$155, Program #1180

Modern dance

This class explores the Erick Hawkins technique to deepen and broaden your physical skills. Focus on generating movement from the center of the body, learning and practicing more advanced dance movements and longer phrases. Within the class structure, we take time for each student to explore your own physical patterns with an effort toward transcending boundaries. Dress comfortably, bare feet. **Instructor: Georgia Corner** was a soloist with the Erick Hawkins Dance Company from 1996-2000. A founder of the NYC-based Wellspring Project, she has danced with Douglas Dunn and Dancers, Dura Mater, Lise Brenner, and Beverly Brown.

State Street Center, 3rd Floor Studio, 122 State St, Limit 28, Enroll by Jan 21, 2.1 CEU, \$155

Section 1 Beginning: Program #1177, Wednesday, Jan 27-May 5, 4:30-6 pm (no class Mar 31)

Section 2 Intermediate/advanced: Program #1179, Thursday, Jan 28-May 6, 7:30-9 pm (no class Apr 1)

Pilates conditioning

In this introductory class you learn the body conditioning technique that focuses on strength, flexibility, breath, and postural alignment through emphasis on kinesthetic (mind/body) awareness, uniform development of the body, and using core abdominal strength to support movement. Please bring your own towel or mat. **Instructor: Gregory Grube** (BS in dance, UW-Madison) received his Pilates certification through Movement Insights. His style blends traditional conditioning techniques with a creative edge.

Monday, Jan 25-May 3, 4:30-5:30 pm (no class Mar 29), State Street Center, 3rd Floor Studio, 122 State St, Limit 24, Enroll by Jan 20 1.4 CEU, \$106, Program #1171

Qi gong

Qi gong is part of traditional Chinese Medicine. Using breath work, movement, balance work, concentration, self-massage, and visualization, qi gong works to move qi (ch'i) through the body/mind to improve health, to stimulate healing, and to reduce stress.

We practice tai ji qi gong in this class. **Instructor: Paul Novak** (PhD, UW-Madison) has studied yoga and hard and soft martial arts for many years.

Monday, Jan 25-May 3, 7-8 pm (no class Mar 29), CTM Studio, 228 State St, Limit 26, Enroll by Jan 18, 1.4 CEU, \$106, Program #1174

T'ai chi

T'ai chi ch'uan is an ancient form of Chinese exercise. Quiet, supple movements are performed in a calm and peaceful manner that cultivates the spirit and body. In this class you learn the principles of t'ai chi movement and form, and exercises that apply the discipline. The class features work on the 24-forms t'ai chi sequence. **Instructor: Paul Novak** (PhD, UW-Madison) has studied yoga and hard and soft martial arts for many years.

Wednesday, Jan 27-May 5, 7-8:30 pm (no class Mar 31), Location to be announced, Limit 20, Enroll by Jan 22, 2.1 CEU, \$155, Program #1185

Tap rhythms

Tap classes focus on learning and executing technique and on developing rhythm, timing, and tempo in an upbeat atmosphere. Beginning level introduces form, with emphasis on rhythm and movement combinations. Intermediate level improves technique while building improvisational skills. Please wear attire suitable for movement; soft shoes that lace or tap shoes. First-time intermediate registrants, please call Donna Peckett, 608-244-2938. **Instructor: Donna Peckett** (BA in art history) is producing artistic director of TAPIT/new works and a tap dancer, actor, award-winning choreographer, and specialist in creative dance and drama for young children.

6-7:15 pm, Tap It/New Works, 1957 Winnebago St, Limit 26, Enroll by Jan 20, 1.8 CEU, \$131

Section 1 Beginning: Program #1173, Monday, Jan 25-May 3 (no class Mar 29)

Section 2 Intermediate: Program #1183, Wednesday, Jan 27-May 5 (no class Mar 31)

Yoga: introduction

Take a break from work with this midday class. Learn basic yoga postures and breathing and relaxation methods. Return to work revitalized! **Instructor: Maureen Janson** (MFA, Univ. of Michigan), a choreographer, movement specialist, and dancer, coordinates continuing education in dance and movement at UW-Madison. For more than 20 years she has presented award-winning choreographic work coast-to-coast and internationally.

Tuesday, Jan 26-Mar 2, 11:40 am-12:30 pm, State Street Center, 3rd Floor Studio, 122 State St, Limit 20, Enroll by Jan 20 0.5 CEU, \$50, Program #1188

ONLINE/ANYTIME Dance education/Movement explorations dance

This Web-based course demonstrates using dance in the classroom and practical materials that provide varied dance experiences for students and teachers. It includes four lessons: Me and What's Around Me, Basic Ways of Traveling and Resting, Ways My Body Can Move, and In Time with Myself and Others. **Instructor: Joan Mills** (MS, UW-Madison) is a dance specialist who has been named Wis. Dance Educator of the Year by the National Dance Association.

Register: www.dcs.wisc.edu/lisa/online, 6.0 CEU, \$139, Program #9002