

Friday, January 18, 2013

Maverick Dance Experience Class!

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Maverick Dance Experience launches its 2013 "Mavericks Across Communities Program", presenting a series of community dance classes, in effort to continue spreading Maverick-style across diverse communities. We invite you to attend Maverick's professional level technique class!

Where? DANY Studios, Studio 1M
(305 West 38th Street, New York, NY 10018)

When? February 16th, 4-6pm

Price? \$13!

Maverick dance technique is a hybrid genre of classical and postmodernism. Through an expressionist lens, the movement is largely contemporary with a strong presence of dance-theater, partnering, inversion and floorwork. The technique facilitates dancers' full range of fluidity in the joints, torso and extremities while providing a solid and wide base for grounded and varied quick bursts of traveling and stationary movements. The class begins on the floor initiating a relationship with the earth, pelvis and underside of the body, gradually building to a standing position where the exercises focus on ease of fall and recovery, spirals, centrifugal force, extension, and movement in the back space.

Watch Mavericks in action:

<http://www.youtube.com/watch?v=6qYwVIPxAoo>

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