

January, 8-29, 2015

\$10 Loft Technique (Modern) Classes!

Company: Cameron McKinney / Kizuna Dance
Venue: 440 Studios
Location: New York, NY

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NEW LOFT TECHNIQUE CLASSES COMING THIS MONTH!

Understand the up, reinvent the down!

What is Loft Technique?

Video: <http://youtu.be/5W65CFGxFUM>

This class will combine the grace of modern with the speed and fluidity and hip-hop and house dance. Phrases will involve every part of the body—whether in the air or on the ground. A heavy emphasis will be placed on floor work and on achieving the floating aesthetic of lofting. The class will focus on structured improvisation, developing new methods of partnering, understanding and creating intention, and improving physical strength, endurance, and reaction time. By shifting the focus from internal dialogue to creating movement that, in its own physicality, can tell a story by itself, the class will delve deeper into the cathartic ability of sweat and exhaustion, while offering a new and active method of expression.

Classes are only \$10!

Every Thursday (starting Jan.8)
440 Studios
440 Lafayette Street
New York, NY 10003
6:00-7:30pm

*** Please note: Jan 8th class will be from 5:30 to 7pm. All following classes are at the normal time of 6 to 7:30pm****

Cameron McKinney / Kizuna Dance
440 Lafayette St
New York, NY, 10003
<http://www.rocmdance.com/cameron.html>

Schedule
January 8, 2015: 5:30pm
January 15, 2015: 6:00pm
January 22, 2015: 6:00pm
January 29, 2015: 6:00pm

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