

September 17 - December 24, 2025

## Countertechnique® w/ Madison Elliott

Company: Taylor Center for Dance Education  
Venue: Taylor Dance West  
Location: New York, NY

► [Share](#) | [Print](#) | [Download](#)

Description: The Countertechnique® class is a contemporary dance technique class. It stretches, coordinates and strengthens the body, making the dancer sweat, build stamina and really move.

The class starts with a recurring set of exercises, allowing dancers to investigate the Countertechnique® principles in detail. The second half of the class consists of changing components, working towards luscious movement combinations and jumping at the end.

The Countertechnique® class results in dancers using less energy, losing their fear of taking risks and gaining speed in changing direction.

Find out more at [countertechnique.com](http://countertechnique.com)

Teacher Bio: Madison Elliott is a freelance professional dancer, choreographer, certified Countertechnique teacher and entrepreneur currently based in NYC. She attended high school at the University of North Carolina School of the Arts and went on to receive her BFA in Dance with a Minor in Arts Management at SUNY Purchase College. Madison is currently a company member with Doug Varone and Dancers, ZviDance, and Adjunct Professor at Adelphi University teaching Countertechnique. She has worked with MJ Willis Project, DanceLabNYC, TU Dance Company, HIVEWILD, and MeenMoves, and has performed works by Trisha Brown, Roderick George, Michelle Thompson, and others. Madison also directs and choreographs dance films, including Empty Vessel, which was mentioned in Dance Magazine, featured in seven Film Festivals and won two awards. In addition, Madison is the Executive and Artistic Director of an award winning nonprofit, Headlights Theater, which she founded in 2020 ([www.headlightstheater.com](http://www.headlightstheater.com)).

Taylor Center for Dance Education  
307 W 38th Street (9th Floor)  
New York, NY, 10018  
646-214-5807  
<https://clients.mindbodyonline.com/classic/ws?studioid=463013&sType=-7&sTG=56&sVT=1111&sView=week&sLoc=0>

Schedule  
September 17, 2025: 10:00am  
September 24, 2025: 10:00am  
October 1, 2025: 10:00am  
October 8, 2025: 10:00am  
October 15, 2025: 10:00am  
[more](#)

[< back](#)

[previous listing](#) • [next listing](#)