

Wednesday, November 19, 2025

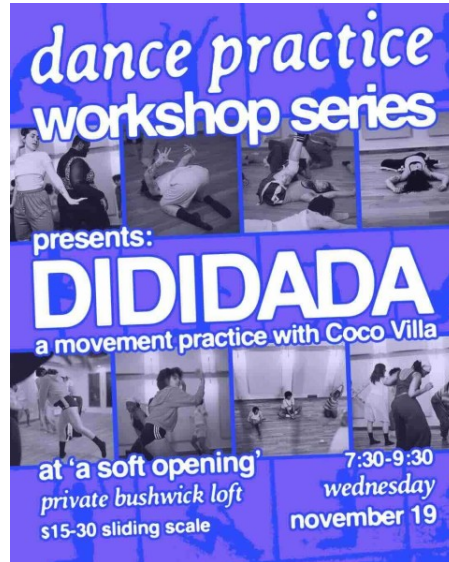
DIDIDADA: a movement practice with Coco Villa

Company: dance practice workshop series

Venue: a soft opening

Location: Brooklyn, NY

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new workshop series! go deeper with our instructors with full-length classes covering a variety of movement exploration & dance styles, from somatics & contact improv to house foundations.

our first workshop is a guided dance improvisation practice facilitated by Coco Villa called DIDIDADA. this class prioritizes accessibility & playfulness to uplift body, mind and spirit through a variety of breath work, hyper warm ups, & movement prompts. it's about catharsis, sweating, getting back into our bodies, & simply dancing for the joy of moving.

instruction is inspired by elementary school PE activities, modern dance, Caribbean dance styles, dance fitness, somatic movement practices, groovy improvisations & familial rituals.

some call it a brain break. some call it a waking up game. some call it a dance class. there is no choreography or right way, just a fun way. DIDIDADA is open to all levels.

weds 11/19 7:30-9:30pm \$15-30 sliding scale

at 'a soft opening' - a private cozy loft by the morgan L (rsvp for address!)

FY!! location & time may differ for some classes

dance practice workshop series
(bushwick - rsvp for info)
Brooklyn, NY, 11206
<https://luma.com/9yt9et2g>

Schedule
November 19, 2025: 7:30pm

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