

Saturday, March 20, 2021

Elements of Dance - EOEFF 21

Company: SMUSH Gallery
Venue: Smush Gallery/Virtual
Location: Jersey City, NJ

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Presented as a part of [SMUSH Gallery's](#) Curatorial Fellowship in Dance '20-'21. We are offering 20+ movement workshops through the Essence of Embodiment Festival on March 18th - 21st, 2021. Live Captions will be provided. All classes are offered through Zoom

Elements of Dance is taught by Coco Motion

Saturday 3/20/21 at 10 to 11 AM ET

Class Description:

This class will explore movement fundamentals from hip hop and afro styles; vocabulary will include grooves and isolations. Class begins with mediation, warm up and will conclude with short routine. Students should have cameras on, all styles and levels are welcome to join.

Our festival passes are offered on a donation-based sliding scale, no one will be turned away because of a lack of funds.

[All-Access Pass](#)

[Film Single Day Pass](#)

[Single Class Pass](#)

Visit: [smushgallery.com](#) or [embodiment.dance](#) for more information

Email: bonjour@embodiment.dance with any questions

SMUSH Gallery
340 Summit Avenue
Jersey City, NJ, 07306
<http://www.embodiment.dance/festival>

Schedule
March 20, 2021: 10:00am

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