

Tuesday, May 8, 2012

## FREE Dance Class 5/8 6:30-8:00

info@AmalgamateDance.com

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Developing dancers' artistry, skills and networks in the city!

ADC hosts a donation based Contact Improvisation Jam each month!

Explore, Equip & Empower your dancing.

MONTH OF MAY:

TUESDAY MAY 8, 6:30-8PM

UPCOMING DATES:

JUNE 5, JULY 17, AUGUST 7, SEPTEMBER 18

Bridge for Dance Studios  
2726 Broadway, 3rd Floor  
Between W. 104 & 105 Streets  
New York, NY 10025

212-749-1165

Take the "1" Train to 103 Street Stop

[Visit Website Details Here](#)

Contact Improvisation is an evolving system of movement initiated in 1972 by American choreographer Steve Paxton. The improvised dance form is based on the communication between two moving bodies that are in physical contact and their combined relationship to the physical laws that govern their motion—gravity, momentum, inertia. The body, in order to open to these sensations, learns to release excess muscular tension and abandon a certain quality of willfulness to experience the natural flow of movement. Practice includes rolling, falling, being upside down, following a physical point of contact, supporting and giving weight to a partner. Contact improvisations are spontaneous physical dialogues that range from stillness to highly energetic exchanges. Alertness is developed in order to work in an energetic state of physical disorientation, trusting in one's basic survival instincts. It is a free play with balance, self-correcting the wrong moves and reinforcing the right ones, bringing forth a physical/emotional truth about a shared moment of movement that leaves the participants informed, centered, and enlivened.

—early definition by Steve Paxton and others, 1970s, from CQ Vol. 5:1, Fall 1979

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