

September, 3-24, 2015

Contact Improvisation – The Basics with Paul Singh

Company: Movement Research
Venue: Gibney Dance Center
Location: New York, NY

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Contact Improvisation, initiated by dancer Steve Paxton in 1972, is a dance practice that plays with the physics between bodies and gravity. Using partnering skills such as rolling, releasing, weight exchange, falling, lifting and catching, and expanding range of spatial choice, the practice helps one move within sensation and disorientation, access moveable supports and tune to the use of touch, momentum, resistance and flow in physical contact as well as in solo play. This is an introductory class for those with little to no experience with Contact Improvisation or those who would like to revisit the basics.

Movement Research
280 Broadway
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\$14

Schedule
September 1, 2015: 8:00pm

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