

Friday, March 31, 2017

Donation Based class with Jacqueline Dugal

Company: Dance to the People
Venue: Spaceworks Long Island City
Location: Long Island City, NY

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



Grounded Weight Shifts & Muscular Modulation

Class warm-up begins on the floor with stretching and strengthening then tempo picks up moving in and out of the floor with emphasis on momentum and weight. Focusing on modulating exertion for efficient moving while helping dancers to find connections in the body. Class leads up to a full-bodied phrase incorporating class elements and encouraging dancers to express individuality in the movement. Influenced by European and American modern techniques, Bartenieff Fundamentals, and Piso Movil floor technique Jacqui's style is playful, grounded, and animalistic. Creating a positive class environment is essential in Jacqui's teaching, hoping everyone can feel welcomed, challenged, and comfortable to fail without judgment.

Experience required for the participants

Everyone welcome! Experience with floor techniques helpful but not necessary.

ABOUT JACQUELINE

Jacqueline Dugal is a Queens based dancer, choreographer, and educator originally from West Palm Beach, Florida. She received her BFA in Dance Performance and Choreography from The University of South Florida in Tampa and launched Dugal Dance Projects in 2016. Jacqui has studied and performed abroad in France, Italy, Trinidad & Tobago, and Mexico. In New York, she has performed with The Von Howard Project, Roschman Dance Company, Michiyaya Dance, and Impact Movement Collective. Her choreographic work has been showcased in France, Florida, New York, and North Carolina in various festivals and showcases, including The Asheville Fringe Arts Festival. Jacqui has been commissioned by the Steffi Nossen Dance Foundation, The International Human Rights Arts Festival, and awarded Director's Choice at Spoke The Hub's Winter Follies 2016. Selected for Mare Nostrum Elements Emerging Choreographer's Series as a 2016 participant and selected as the Returning Choreographer in 2017.

DugalDance.com

ABOUT THIS SERIES

Dance To The People is proud to launch a new collaboration with Mare Nostrum Elements' Emerging Choreographers Series and Spaceworks NYC. Our three organizations share a desire to build a strong and nurturing environment where artists can feel safe and inspired to share work, ideals and feedback at very affordable rates.

Dance to the People
33-02 Skillman Ave, enter on 34th St
Long Island City, NY, 11101
<http://www.dancetothepeople.org/jacqueline-dugal.html>

Schedule
March 31, 2017: 12:00pm

[< back](#)

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