

July 21 - August 6, 2015

Pirouettes and Allegro Workshop with Jose Traba

Company: Peridance
Venue: Peridance Capezio Center
Location: New York, NY

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A series of 6 class designed to help improve your Pirouette and Allegro movements.

7/21-8/6 Tuesdays and Thursdays from 6pm-7:30pm

Pirouette Clinic

This class is dedicated to teaching the proper mechanics that are the foundation of all rotating movement regardless of dance style. Using the tools of alignment, coordination and musicality that is inherent in proper ballet technique, the class will offer one on one diagnosis with individual correction to resolve the problems that stand in the dancer's way. Once this foundation is in place each dancer takes with them the tools for more consistent and successful pirouettes.

Allegro(Jump) Clinic

This class is designed to set in place a proper foundation for safe and successful allegro technique. During the class the areas of musicality and proper accenting will act to maximize the height and timing of jumps in a one to one setting that will address common misconceptions in this area of technique. In addition to exposing the dancer to a greater variety of jumps, there will special attention given to the use of their plie, not only to increase height and speed, but also for their safety in the prevention of injury.

Peridance
126 East 13th Street
New York, NY, 10003

Schedule
July 21, 2015: 6:00pm
July 23, 2015: 6:00pm
July 28, 2015: 6:00pm
July 30, 2015: 6:00pm
August 4, 2015: 6:00pm
August 6, 2015: 6:00pm

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