

Monday, February 2, 2026

## Standing Down Straight® & Swing Dance Workshops with Guest Artist Billy Siegenfeld

Company: Amanda Selwyn Dance Studio  
Venue: Amanda Selwyn Dance Studio  
Location: New York, NY

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Billy Siegenfeld

**Join us for a one-of-a-kind Standing Down Straight® & Swing Dance Workshop Series with Billy Siegenfeld**, a vocal-rhythmic performer, choreographer, and educator, and founder and artistic director of Jump Rhythm®. An Emmy® Award-winning artist and professor in the Department of Theatre at Northwestern University, Billy is also a member of the Amanda Selwyn Dance Theatre/Notes in Motion Board of Advisors.

Monday, February 2, 2026 | Single class \$25, Both classes \$40

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Standing Down Straight® 10-11:30 a.m.

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Swing Dance Workshop 12-1:30 p.m.

### **Standing Down Straight® with Billy Siegenfeld | 10-11:30 a.m.**

Standing Down Straight® (SDS) is a voice-and-movement training method developed by Billy Siegenfeld, founder of the theatre company Jump Rhythm®. This approach emphasizes gravity-directed relaxation, allowing individuals to do performative or everyday tasks with reduced strain and heightened efficiency—to find power in relaxation to prevent strain and injury.

### **Swing Dance Workshop with Billy Siegenfeld | 12-1:30 p.m.**

This workshop explores swing dance through the lens of Standing Down Straight®—finding power in relaxation and letting gravity do the work. Instead of applying muscular force, we'll practice: releasing unnecessary tension, organizing around the skeleton, and allowing movement to happen with less effort and more ease.

Dancers and non-dancers alike are welcome in this workshop to learn simple swing rhythms and partner movement while applying gravity-directed alignment, shared momentum, and efficient use of energy. Through partner and group exercises, we'll discover how Standing Down Straight® makes swing dancing feel more sustainable, connected, and joyful.

**BIOGRAPHY:** Billy Siegenfeld is a former jazz and rock drummer and present-day vocal-rhythmic actor-dancer-singer. He's also the founder, artistic director, choreographer, and musical arranger of the theatre company Jump Rhythm® ([www.jumprhythm.org](http://www.jumprhythm.org)); an Emmy®-Award-winning recipient for both his performances in and vocal-rhythmic choreography for the documentary *Jump Rhythm Jazz Project: Getting There*; an author of essays, plays, and an upcoming book titled *How To Make Gravity Our New Best Friend*; and a Charles Deering McCormick Professor of Teaching Excellence in the Department of Theatre at Northwestern University.

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<https://amandaselwyndance.networkforgood.com/events/95453-standing-down-straight-swing-dance-workshops-with-guest-artist-billy-siegenfeld>

Schedule  
February 2, 2026: 10:00am

