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**Contemporary Dance**

**Wednesday 1.15 – 2.15pm Tutor: Rachel Newby**

Contemporary Dance developed in the mid-twentieth century, much of the work coming out of North America through dancers such as Martha Graham, Merce Cunningham and Doris Humphrey. It is often considered to be a blend of techniques (including Ballet, Jazz and lyrical)

This session will involve coordination exercises, use of the spine, working in parallel and turned out position and give the dancers a sense of freedom and change of dynamics. Music from across genres and decades are used to change the pace and create different moods.

Dancing in this way requires a lovely blend of brain and body coordination which will lead to a real sense of achievement.

**Don’t worry** if you’ve never danced in this way before, or done any kind of dance – this class is open to all.

The tutor will take participants through appropriate warm-ups to wake up the muscle groups and as the sessions progress, longer, slightly more complicated exercises will be given. The classes are relaxed and fun and performed to a great variety of music.

Students should wear loose comfortable clothing with soft flat shoes.