

Adults Dance Workshop August 2017

Project X held 7 free dance workshops from the African Diaspora. Learning traditional dance styles from Guinea and Senegal and discover contemporary styles like *Dancehall* and *Locking*.

These classes are open to all! No previous dance experience is necessary.

Classes are held at The African Art Centre and Glasgow Women's Library

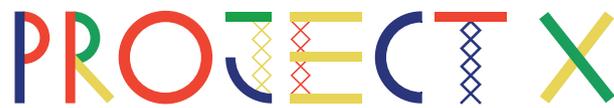
Please bring comfortable clothes to move in and water. If you have any access needs or a question get in touch with Rhea via rhealewis.projectx@gmail.com or via +447477 699570 (whatsapp, text or call)

10th Aug, 6 – 7.30pm (Glasgow Women's Library)

Contemporary West African Dance with Erick Mauricia of Ayawara (female only)

Erick is a founding member of Ayawara West African Dance and Percussion Ensemble, based in Glasgow. Erick brought his tradition, knowledge and experience of African music and dance to Glasgow from the distant West Indies, African Guinea and France. In 1982 he gained a certificate in Performing Arts at The American Dance Centre in Paris and in 1989 and 1990 he taught Modern and Afro Jazz to dancers from The Bolshoi and Moiseiv Traditional Moscow Ballet in Russia. In 1996 he gained a Diploma in African Dance from The African Centre of Dance & Music in Paris.

Erick has choreographed, produced and performed in many productions, festivals and stage plays involving modern and traditional African dance, drumming, singing. Alongside Ayawara, he has also performed with Pan



African Arts, Mara storytelling group, Guildasa and Maryhill Integration Network. He has taught African dance and drumming in Glasgow for many years and currently leads African dance and music classes at Dance House Glasgow.

During his dance workshop, Erick will lead us through contemporary and traditional West African dance movements, accompanied by live drums. The class will be both joyful and energising and will leave you wanting to dance the whole way home.

12th Aug, 1.30 – 3pm (Glasgow Women's Library)

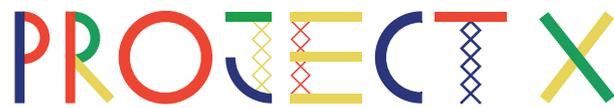
Traditional Senegalese Dance Class with Eva Goudiaby (female only)

Eva will teach a fast paced, high energy, West African dance sequence. Her graceful and cheeky style of dance and her clear, confident teaching manner never fails to impress. Be prepared to move your body lots and potentially join in for a song or two!

Eva Goudiaby is from Casamance, Senegal. She grew up in Dakar and became part of Ballet Fambody, the second ballet of the Ballet National de Senegal. She was picked as a dancer for AfrikaAfrika and came to Europe to tour for many years. Eva now lives and works in Glasgow and teaches and performs regularly around the country. You may have seen her spectacular performances at various events including African Beats Camp, African Drum Village or with Ballet Nimba.

17th Aug, 6.30 – 8pm (The African Arts Centre) **Contemporary Dance with Mele Broome**

Mele's work experiments with the extremities of movement, voice and environment to investigate the language of the body. As part of *Project X*, Mele will develop and debut a new dance production titled Grin, which will premier at Tramway, Glasgow on the 13th & 14th October 2017. The performance of Grin will be a spectacle of sound and visuals, masquerading and undermining hierarchies of power. Grin will invert the continued colonial narratives of black bodies and Caribbean dance styles being solely exotic and hyper-sexualised. Grin is a celebratory performance, inviting you into the carnival.



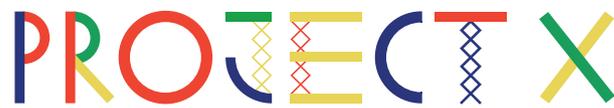
Mele is a Glasgow based choreographer, performer and teacher. Originally trained as an artistic gymnast, she then redirected her skills in Physical Theatre at Southern Theatre Arts Centre and thereafter at The Scottish School of Contemporary Dance. Mele has performed nationally and internationally as well as choreographed work, which has been presented across the UK. Her work has been created in association with Yorkshire Dance, Riley Theatre, Dance Base, Brighton Fringe, Edinburgh Fringe, DanceLive, The Arches, and Festival Grec Barcelona. Mele's most recent work, VOID was part of Dance International Glasgow 2017.

In Mele's workshop she will lead us through the basic techniques of contemporary dance, including some of the unique contemporary Caribbean dance moves which have inspired her upcoming performance of Grin as part of the Project X programme. This workshop will be an introduction to contemporary dance and performance practice.

19th Aug, 1 – 2.30pm (The African Arts Centre)
Afrobeat Dance with Joy Maria Onotu

Early in the 21st century, a new type of sound, originating in West Africa and has become increasingly prominent in African popular music. This sound was initially referred to simply as 'Naija music' after the common slang term for Nigeria, but has since become known as Afrobeats. Alongside the musical genre, Afrobeats dance styles have also developed and are they are considered the modern form of African dance. This includes the popular Azonto from Ghana, as well as Dancehall, Congolese rumba and hip hop influence.

Joy Maria has been teaching Afrobeats dance classes in Glasgow for many years. She is influenced and inspired by many different Afrobeats dance styles and has developed a choreography that is truly unique. In this dance workshop, Joy Maria will lead you through a modern dance sequence leaving you with a better understanding of the movements associated with Afrobeats dancing.



24th Aug, 6.30 – 8pm (The African Arts Centre)

Dancehall workshop with Divine Tasinda

Dancehall is a Caribbean folk dance form that originates from Reggae music and movement and was born in the late 80's. This social dance is about form and function. The moves reference Caribbean cultural aesthetic, history and socioeconomic context. The time, location and social situation are critical in it's understanding and authenticity.

Dancehall can be classified into different sorts: Old School (before 2000), Middle Skool (2000-2005), New Skool (after 2005), Dancing Tunes, Female Dancehall, Badman, Stylish Moves, Brukout, Street Flow and Next Level among many many more. The popularity of dancehall has spawned dance moves that help to make parties and stage performances more energetic. Many dance moves seen in hip-hop videos are actually variations of dancehall dances.

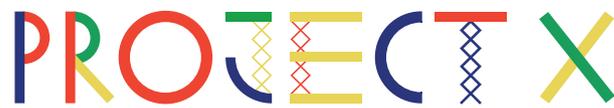
Divine Tasinda started dancing from a very young age and soon enough, fell in love with Dancehall and hip hop, discovering important elements of dance and training in these forms. Divine is now a member of Goblynz, AKO and The House of Arkitek's crews. She has performed at Breakin' Convention and the Commonwealth closing ceremony, and has worked with Jax Jones, as well as choreographing music videos for Mark Angel and Amore Azina. She is currently teaching and aiming to inspire all around the world.

In this workshop Divine will lead us through a choreography of Dancehall and Dancehall inspired moves. Together, we will gain an understanding of the dancehall moves that have been assimilated into western hip-hop and popular music culture. Divine's teaching style is detailed and dedicated and you will leave this workshop with confidence and a new dance language.

26th Aug, 1– 2.30pm (The African Arts Centre)

Locking workshop with William Freeman

Locking is a style of funk dance, which is today also associated with hip hop. The name is based on the concept of locking movements, which basically means freezing from a fast movement and "locking" in a certain position. It relies on fast and distinct arm and hand movements combined



with more relaxed hips and legs. The movements are generally large and exaggerated, and often very rhythmic and tightly synced with the music. These movements are combined with mime style performance and acting towards the audience and other dancers.

William was born in Ghana and raised in London, completing higher education in Scotland. William (aka Mr Peez) is a software engineer by day and a Locker by night. He is one half of Rice & Peez - a two-person sub-group of SANA Crew. The duo focuses on locking and waacking, and has been working hard together over the years to combine drama and storytelling elements with the two dance styles.

In his dance workshop, William will lead you through the basics of Locking, helping you to develop your own movement language and performance technique. It is guaranteed to be an unforgettable dance class!

31st Aug, 6.30 – 8pm (The African Arts Centre) Traditional West African Dance with Adie Baako

Adie is a member of the Akrowa Dance Ensemble - a cultural drumming and dance group from Ghana presenting West African rhythms and songs. It was founded in the early 1980s by Master Drummer Mustapha Tettey Addy and is now led by Okoe Ardyfio. An Akrowa performance is spellbinding, exhausting and exhilarating all at once.

Adie now lives in Scotland where he first came to work in May 2014. Recently Adie & Akrowa have developed a partnership with Scotland's ABC Creative Music, taking West African music & dance into Scottish schools for an annual African Music Festival. Adie brings with him a rich repertoire of traditional West African pieces told through song, music & movement as well as a vibrant passion for his art, stunning performances and a boundless energy.

In his workshop, Adie will introduce us to some traditional West African dance techniques, including dances from Ghana, Guinea and Mali. Adie will explain the background and the history of the dance moves and will give us an introduction to the intricate and detailed elements that form a part of traditional West African dance. Come prepared to learn a lot and leave smiling.

PROJECT X