CONTEMPORARY DANCE WORKSHOPS

C-12 Dance Theatre predominantly work in the field of contemporary dance and through their unique style and experience, the workshops will challenge and develop technical ability.

- A brief introduction into contemporary dance
- Warm up
- Technique led exercises
- Small routine
- Choreographic tools
- Learn an extract from C-12 repertoire

These are available in 2 hour or full day sessions.
PHYSICAL THEATRE WORKSHOPS

The physical theatre workshops are a fully interactive experience, learning and applying the tools of how to create a physical theatre piece.

- Brief history of physical theatre
- Warm up
- Trust exercises
- Confidence building exercises
- Improvising
- Devising work
- Contact improvisation
- Transforming text to movement
- Creating a short work

These are available in 2 hour or full day sessions.
Street Dance Workshops are a fantastic, high energy and exciting chance to develop knowledge and understanding of the genre, focusing on individuality, confidence and personality.

- Brief history of Street Dance
- Warm up
- Tricks
- Choreography
- Commercial Street Dance
- Street Jazz
- Contemporary Street Dance

These are available in 2 hour or full day sessions.
LECTURE DEMONSTRATION

This is an exciting opportunity to meet some of the company members of C-12 Dance Theatre who will share their experiences of working and performing professionally and give advice on how to develop a career in dance. Included within this fantastic lecture demonstration is a performance by C-12 Dance Theatre.

- Introduction into C-12 Dance Theatre
- Performance by the company
- Advice on progression routes and how to develop a career in dance
- Question and answer session

This is a 1 hour session or a 2 hour session.