



Empowering the Performer: 18th century Techniques Lost and Found and Useful to Today's Dancer

with Catherine Turocy,
The New York Baroque Dance
Company

Saturday, January 6
3:45-5:15pm

Class Fee: \$20.00

ODC Dance Commons
Kimi Okada, School Director

351 Shotwell Street, SF
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What is our legacy from the 18th century stage which can bring a new depth to the dance of today? This class will look at basic aesthetic principles of the Golden Ratio and the Vitruvian Man and how they influenced the creation of the five positions of the feet in ballet as well as the expressive dance technique common to both ballet and modern dance forms. The class will be a physical, dancing experience using excerpts of published dance notation from the repertoire of the early 18th century including minuets and chaconnes. The theory behind the exercises will be emailed to participants in order to keep the class moving.

The New York Baroque Dance Company founded in 1976 by Catherine Turocy, Artistic Director, and Ann Jacoby is still leading the historical dance field today. The company specializes in producing 17th and 18th century programs ranging from street performances to fully staged operas. There are over 60 operas in its repertoire as well as reconstructed dances and ballets choreographed in period style. Through residencies at educational institutions serving grades k-12 and at the university level, the NYBDC instructs professionals and the general public, thus preserving our cultural heritage. The NYBDC has toured North America, Europe and Japan with conductors James Richman, John Eliot Gardiner, Christopher Hogwood, Nicholas McGegan and Wolfgang Katschner. In their home base of New York City, the company produces concerts annually with Concert Royal directed by James Richman. The NYBDC also performs with Opera Lafayette Orchestra and Chorus, The Dallas Bach Society, Mercury Baroque, Apollo's Fire and Philharmonia Baroque.

