



## Adelphi University Dance Day Workshops

Friday, November 21, 2025

### **Dance**

#### **Ballet**

This ballet class will begin with a concise barre to establish alignment, strength, and musicality. Dancers will then move into center practice, exploring balance, coordination, and clarity of movement, followed by combinations across the floor that build artistry and dynamic range.

#### **Contemporary**

Using ideas from Release Technique, Floorwork, and the physicality from established styles like Taylor and Limón, this class blends ideas to develop dynamic awareness and fullness in your dancing.

#### **Modern (Horton)**

This class challenges dancers to focus on their strength, flexibility, control, and artistry through an introduction to the Horton technique. Students will perform a series of warm-up exercises, across-the-floor patterns, and a combination within a supportive environment that encourages growth, exploration, and appreciation of the technique.

#### **Choreoloab**

Using compositional elements from contemporary dance to investigate movements upon which various devices will be administered to derive multiple choreographic possibilities, moods, and outcomes. This composition workshop requires a willingness to improvise in order to generate movement phrases, manipulate existing phrase work, and collaborate with others on movement research.

#### **Jazz Technique**

Explore dance trends in pop culture and the fusion of commercial and theatrical styles in this dynamic class designed for pre-professional dancers. Exploration of cultural influences and adaptation of styles are key aspects of this experience. With a dynamic warm-up across-the-floor and a combination, this class provides a contemporary view of jazz dance expression.

#### **Dancer Health**

Body health, a lab-style workshop teaching dancers how to maintain their bodies for a healthy career in dance. Students should be prepared to address strength, stretch, and mental focus, and analyse their body's tendencies. Students should stay in their dance clothes for this class, and be prepared to workout.

#### **Contemporary Floorwork**

Students will learn floorwork phrases that slide, invert, roll, and flip. Students should wear long pants and a shirt that covers the upper back (long or short sleeves) and be prepared to work.