

# Exploration of Scottish Country Dance using Laban Movement Analysis

Sponsored by the  
Salem class

RSCDS Boston Branch

Taught by

Jen Schoonover

Sunday February 28, 2016 2 - 4 PM

Bridge @ 211 BOLLES HALL -- 211 Bridge St. Salem, MA

Music by Barbara McOwen

What is a "slow turn"? A "long cast"? What is the difference between the first and second halves of a Grand Chain? How can I have relaxed arms, yet offer strength when turning a partner? How can I feel that I am dancing and not just going through the motions? How can music inspire more dynamic shading of my dancing?

If any of these questions have been burning in your mind, please join us for a workshop of Scottish Country Dance and Laban Movement Analysis. We will explore the principles that are the building blocks for all movement, and then use these principles to analyze and clarify movements used in Scottish Country Dance. Feel free to bring along more burning questions, and a spirit of exploration.

Cost: \$7 RSCDS members and students \$10 non-members

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