

DANCE DU COEUR NEWSLETTER

DANCE WORKSHOP for ages 7-10 to Raise Money for Cancer Organization

Dance Du Coeur's One Beat company is hosting a dance workshop to raise money for Dancers Against Cancer, an official 501(c)3 organization that provides financial assistance to dance educators and dancers impacted by cancer. DAC has raised over one million dollars in donations to help cancer survivors in the dance community.

Teens from One Beat Company, the studio's competition team, will lead classes in Jazz, Contemporary, Hip Hop, Tap, Improv, and Ballet in a three hour workshop for dancers aged 7-10 on Sunday, November 28 from 1-4 p.m. Cost is \$30 a dancer. Classes will be at the beginner to intermediate level. Students should wear comfortable dance wear such as leggings or shorts with a form fitted top. Tap

shoes are required for tap, sneakers for hip hop and ballet shoes for ballet. To sign up, go to our website at SugarLandDance.com and register for "Dance Workshop". Deadline is Saturday, November 27 although we will take walk-in cash payers on the day of the event. Although masks are optional, we encourage students to wear them! Our instructors will be wearing masks to prevent the possible spread of COVID 19.

Dance Du Coeur's Daddy Daughter Dance in January, 2020 raised more than \$1,000 for Dancers Against Cancer.

Dance Du Coeur has been identified as a Hope Studio for Dancers Against Cancer.



Dance Du Coeur
19875 SW Frwy.
Sugar Land, TX. 77479
(281) 565-0005
info@SugarLandDance.com
www.SugarLandDance.com
Open 3-8 p.m. M-F
9 a.m.- 1 p.m. Saturdays

Mark Your Calendars!

- ⇒ Wear your Halloween costume to class Monday, October 25-Saturday, October 30.
- ⇒ Halloween Camp for ages 5-7 with Ms. Claire on October 31 from 1-4 p.m.
- ⇒ Recital "opt out" forms due Sat. 11/06 for dancers NOT participating in ANY class recital dance. We hope everyone will participate!
- ⇒ Dance Workshop for ages 7-10 from 1-4 p.m. on Sunday, November 28.
- ⇒ Costume measuring starts in all recital classes on the week of November 15. Make sure your child isn't absent so they can get measured

Meet Our Company Directors!

One Beat competition team is directed by four very special directors, some of whom also teach recreational classes for the studio. One Beat is an award-winning company with six levels with dancers between the ages of 5 and 18. Auditions are held in May and/or June and the season starts in August.



Dani Hammack is a graduate of The High School for the Performing and Visual Arts in Houston, TX where she was one of two recipients of the Mary Martha Lappe Scholarship Award to pursue a career in the arts. She holds a B.F.A. in Dance Performance and B.S. in Biomedical Engineering from Southern Methodist University. Upon graduating, she was hired as a performer for the international industrial with the Mary Kay Convention in Dallas, Texas. She has been on faculty in NYC and Houston for Project Dance, an internationally touring open-air dance concert. Dani was a member of The Martha Graham Dance Company in New York City and the Ad Deum Dance Company where she also served as the Associate Artistic Director. She has been a guest artist with NobleMotion Dance performing in their seasons Vortex and Man Overboard! at the Hobby Center. Dani is in her ninth year as a company director, teaches Modern for the pre-pro program, and Ballet for the studio. Dani is also on the modern dance faculty at HSPVA where she teaches the Martha Graham Technique.



Laura Harrell holds a Bachelor of Fine Arts, and Master of Fine Arts degree from Sam Houston State University. As an independent choreographer, has presented works at The Dance Gallery Festival (Texas/New York City), the American College Dance Festival, the Fringe Festival (Houston), Brazos Contemporary Dance Festival, and in the first ever, Art Saves Lives: A Cultural Conversation performance and educational outreach program in Nice, France. Additionally, she has set work at SHSU, Booker T. Washington High School, SJC, HCC, LSC, and West Texas A&M University. Laura was a featured emerging artist by NobleMotion Dance, a 2017 Dance Source Houston Artist in Residence, guest choreographer for METdance's Duo Program, and a 2017-2018 recipient of the Houston Arts Alliance Individual Artist Grant. Harrell has also served as an Adjunct Professor at San Jacinto College, Houston Community College, and Lone Star College teaching modern, ballet, jazz, composition, and dance history. Laura is in her seventh year as a company director and she also manages the team.



Olivia Morrow holds a BFA in Dance from the University of Houston as a Joanna Friesen Dance Scholarship recipient and is a graduate of The High School for the Performing and Visual Arts in Houston. Her piece, "Paid. Done. Forgotten." was selected to participate in The National High School Dance Festival in Madison, Wisconsin. Upon graduation, she was awarded Excellence in Choreography by the HSPVA faculty. She was also awarded 2021 Recognition in Choreography by the University of Houston faculty. She performed as a UH Dance Ensemble member under the direction of John Beasant III by Tommie Waheed-Evans, Katie Swords Thurman, Curt Haworth, and Ishmael Houston-Jones, Courtney D. Jones, JoDee Engle, Jennifer Mabus, and David Parsons. Most recently, she was selected for the Emerging Choreographer Fellowship through Aimed Dance Company, where she set "Seams" to premiere in Aimed Dance Summer Fest. She is currently in her fourth season as a Company Director and teaches Contemporary and Choreo Lab for the Pre-Pro program.



Jesus Acosta is originally from Guanajuato, Mexico. He started dancing at the age of eighteen at Sam Houston State University where he took his first dance class while in college. He is a founding member of the Houston Contemporary Dance Company where he is currently dances. Previously, he danced with The Houston Metropolitan Dance Company (MET), The Kista Tucker Dance Company, Hope Stone Dance Company, NobleMotion Dance where he served as rehearsal director. He also works with MA Dance and Auxiliaries teaching, choreographing, and judging all over the United States. Aside from high schools throughout the U.S. Jesus has choreographed for The Houston Texans Cheerleaders and recently held a position as a judge on the Contemporary/Lyrical Panel at The Dance Worlds. Jesus has been a Company Director at DDC for the past seven years.

How Dance Can Improve Your Intelligence

According to Harvard University's Dr. Howard Gardner, there are eight forms of human intelligence that can be developed and activated in order to optimize abilities in different areas. We are familiar with linguistic and mathematical intelligence because these are stressed in school and in our society, but bodily/kinesthetic intelligence is important for many life skills, good health, and even stronger relationships. It is defined as "the ability to use all or part of one's body to express ideas and feelings, or to produce, or to transform things" (Sheperis et al, 2020). Dance classes are one way to develop bodily-kinesthetic intelligence! Enhancing your bodily-kinesthetic intelligence can result in:

- stronger connections between the body and mind and greater body awareness
- greater understanding of 'body language' and how to use it to better communicate with others
- better ability to multi-task and perform actions in an orderly manner
- Smoother, faster eye-hand coordination

- enhanced ability to interact with one's environment
- Stronger ability to perform tasks after witnessing someone else show them
- Improved ability to remember material longer when used in an active way.

People with high bodily/ kinesthetic intelligence are successful in "hands on" careers that involve physical interaction, such as many in the health (surgery, nursing, physical therapy, occupational therapy), artisan (carpentry, mechanics, tailoring), and sports (coach, trainer, professional athlete, dancer) careers.

In a practical sense, people with bodily/kinesthetic intelligence are able to use their tactile senses and motor skills as part of their learning process. This allows them to problem-solve and persevere with challenging "hands-on" tasks.



The Question of Jazz vs. Contemporary Dance

When trying to choose a dance class for their child, many parents ask for us to explain the difference between contemporary and jazz dance and often, to make a recommendation for them.

As a much older dance style, jazz is easier to describe because it consists of specific technique and uses a progression-based model of instruction. Most people understand jazz dance through their knowledge and experience of Broadway or musical theater. The basis is in entertainment, so there is an emphasis on "showiness". While ballet serves as the foundation for its movement, jazz dance is fast paced and incorporates powerful, precise movements that usually accentuate musical beats. It teaches center control, spotting, quick turns, and leaps.

Contemporary dance, although also based on ballet, is harder to define. It only emerged as its own category or dance form within the last few decades and it is constantly evolving with the latest trends. Contemporary dance is eclectic, a fu-

sion of every dance form, and lacks an established repertoire or teaching method. It tends to be slower than jazz, but not necessarily so. The movement also tends to be more fluid and graceful than jazz. It's purpose is more about "demonstrating or investigating the human experience" and is highly expressive and artistic (Flavell, 1990). The music used in Contemporary dance is usually emotionally rousing.

Both dance forms have their appeal and students are invited to try both to see which one they prefer! Ballet training is recommended before taking either jazz or contemporary.



Leaping N Learning in October!

This month's objective is musical awareness! Students will be:

- Learning to find the beat of the music
- Counting out loud along with the teacher and on their own
- Learning to repeat a simple rhythm
- Matching movement to music
- Learning about musical accents and rhythmic patterns
- Listening to and recognizing different tempos, styles, and qualities within music

For our movement concepts this month, dancers will explore the many different ways their bodies can move while also learning about the following:

- Speed: movement that is slow, medium, or fast
- Level: movement or positions that are high, middle, or low
- Direction: movement that is forward, backward, moving right, moving left, upward, and downward

In addition, the students will enjoy special Fall

activities prepared by our Creative Movement Planner, Ms. Claire Galloway.

Leap N Learn is a comprehensive dance curriculum with a creative movement emphasis designed for young children ages 2 through 7. All DDC teachers with classes for this age group are trained and certified in the curriculum. Their classes follow a set format with specific objectives that help children build on their skills each month.

Please make sure you are on time to class so that your child can have much needed time to transition from "share time" and warm-up to the dance instruction portion of the class.



HALLOWEEN CAMP on 10/31!

Students aged 5-7 are invited to celebrate Halloween in a three hour camp with Ms. Claire on October 31! Wear your Halloween costume! Cost is \$50 per student. Maximum 15 students. Sign up at SugarLandDance.com, under Halloween Camp. Since there is a limit on enrollment, there are no refunds for cancellations.



Students age 5-7!

We are looking for a few more dancers to join our Mini Company! This is the youngest division of our competitive dance team! It is lots of fun and will accelerate their training! Minis take one ballet 1, one tap 1, and one jazz 1 class a week, plus two rehearsals (3:45-4:45 on Mondays and 12-1 p.m. on Saturdays). The tuition is \$225 a month. The mini team goes to two to three competitions a year, between March and May.

Please email us at Info@SugarLandDance.com if your child has been dancing at least a year and you want more info. Subject line: mini company.



Kathy Morrow

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