

Class Description
Dansehallerne 2020

FC is trained in Brazil, and later trained in Paris.

In FC's class she focus on 3 elements: efficacy, musicality and aesthetics.

The main objective of the warm up (barre) is to enable the body to use its turn out as best possible, as well as to achieve total mobility of the upper and lower body.

Musicality is a strong element, since she believes that it enhances the ability of the dancer to communicate with his audience, at the same time that it helps the technical aspects of the dance. Since Ballet is an art form, it is paramount not to forget that the class should not only warm up the bodies, but also train one's presentation, self appreciation and allow the dancer to transcend the boundaries of "daily life" movements.