

The professional training program at Dansehallerne

Week 10

Artist: Hilde Ingeborg Sandvold

Title: Get going - a toolbox in action

Class description

In my work as a dancer and choreographer, I have spent time analyzing the tools through which we make ourselves move. In the week of training with dansehallerne, I would like to share some of these tools to get it going - to get moving, to keep moving, and to expand the language that we are moving through.

The class will be a combination of:

«Skills from drills» - Practicing being able to do, through «set material», and
Explorative practice / explorative scores with different focus-points.

In other words: I will present some of the tools in a way where you can explore them through your own interests, and some of them through examples of things that I am working on and interested in in my own work.

We will practice things like:

Moving with speed and precision.

Moving fueled by imaginary landscapes.

Understanding movement through anatomical/physical analysis.

I hope to see you in the studio, but if necessary, the class will be adapted to fit a small space/zoom-format.