

IMPROVISATION & PERFORMANCE

with
Alice Cummins

***interrogating the space
of the body and performance***

August 5 – September 16, 2009
6 weeks of classes then a performance

Somatic foci; spatial awareness and framing; phrasing and musicality; distilling inner and outer narratives; feedback as performer and audience/viewer.

These workshops will generate embodied performance making that is strongly based in an articulate dancing body. From a somatic warm-up to vigorous dancing, each class will proceed from a particular focus that prepares participants for moving and making. We will practice solos, duets, trios and group improvisations from given and self-created scores, accumulating skills that inform decision making in the moment-by-moment composing that is improvisation.

Beginning with the body, immersion in somatic experience prepares the performer imaginatively and kinesthetically, generating material from the body in ways that are surprising, unpredictable and poetic. This 'ground' becomes the source and resource for creating performances.

The body is where I begin and return for inspiration.

This approach generates performances that are alive, tender, and intelligent, and frequently exquisitely moving ... an embodiment of the moment steeped in memory, narrative and meaning. Learn to distil what you want to "say" in performance through the moving bodymind. Improvisational practices transform the everyday of our lives into a kind of poetics that can be evocative and full of grace allowing us a freedom and full-bodied expression that is articulate and meaningful.

Alice's work is influenced by Body-Mind Centering (BMC) and New Dance practices. Her work offers dancers, physical theatre performers and movement artists a unique approach to technique, composition and improvisational performance. Alice's approach is accessible to people from diverse backgrounds, she welcomes the richness and contribution of this in the learning and sharing of knowledge.

A sustaining interest for me is bringing the person into the performance – to make visible the emotional and feeling life of the performer.

ALICE CUMMINS

Alice has returned to Melbourne, fresh from creating a solo work in NYC with choreographer RoseAnne Spradlin and teaching at Denison University, Ohio. Her career has spanned the leap from classical to post-modern dance, and she has studied and been inspired by Nancy Stark-Smith, Lisa Nelson, Steve Paxton and Julyen Hamilton amongst other luminaries of the post-modern dance world. Alice has a Masters from Victoria University and performs and teaches throughout Australia.

From 1985-99 she taught at WAAPA in the theatre and dance departments. She has taught at universities in Sydney and Perth within theatre, dance, visual art and interior architecture departments. Alice has also developed her teaching in many different contexts: outside of institutions and the traditional places for the transference of performance knowledge. In 2005 she was invited to teach Ricochet Dance Co in London. Her work has been written about and published in Contact Quarterly (US) and Dancers and Communities (Australia). Alice has been a mentor to a generation of Australia dance and theatre artists. Since moving to Melbourne in 2005 Alice has taught at Victoria and Ballarat Universities in the performance studies departments.

BOOKING FORM

I enclose payment of \$ for the **improvisation & performance**

Name

Address

..... Postcode

Tel Email.....

Direct payment: NAB BSB: 082 057 ACC: 55958 5230
Make cheques etc. payable to: FOOTFALL and post to
PO BOX 622 EAST MELBOURNE 8002
Confirmation will be sent on receipt of payment

Image: Alice Cummins
65 West Broadway NYC

FURTHER ENQUIRIES

0419 227800

www.alicecummins.com

info@footfall.com.au



DATES: 5 August – 16 September 2009 (7 weeks)
TIME: Wednesdays 6.30pm – 9.30pm
VENUE: Cecil St Studio, 66 Cecil Street Fitzroy
COST: \$250 (full payment to be made by 1st workshop)