

## Welcome Term 2 of 2010 @ CDT!

In this term's issue we have all the info you need to dance your way into winter with CDT.

Feel like something new? Why not try a different class? Or check out the **What's on in Canberra?** section below for great upcoming shows.

Want to be more involved in dance? Check out the latest adventures of the various performance groups associated with CDT and the opportunities that are coming up.

So dance fans, enjoy Term 2!

Your Editor, Elanor.

### IMPORTANT DATES

**Term 2 Ends:** Sunday 4 July

**Term 3 Starts:** Monday 19 July

### Basic Ballet

Love Ballet? Can't get enough of it? CDT has added the class Basic Ballet to Thursday nights. This goes from 7.40 – 8.50 pm. All dancers welcome!

## Classes And Workshops

High quality dance performances have always been part of CDT and there are plenty of opportunities coming up for all CDT members to have a go.

### Dance Week Flashmobs 2010

During the first two weeks of Term 2 CDT Artistic Director Liz Lea and CDT Teacher Jane Ingall rehearsed the second CDT Flashmob with an enthusiastic group of dancers.

Performing to a remix of Elvis' 'A Little Less Conversation' CDT rocked the city centre four times with an energetic, slightly 80s choreography.

Keep an eye on the website and this newsletter for more flashmobs in the future. We'd love to make it an annual event!



If you want to see CDT dancers perform, check out Quake and the Modern Gypsies at the Pumps for Patch fundraiser on 12<sup>th</sup> June.

If you want a taste of different CDT classes, Move & Groove day on 1<sup>st</sup> August is an ideal opportunity.

**African Dance Workshop**  
With Lailah Masiga

**Sunday 20 June 2010 3-5pm @CDT**  
Keep your eyes on the CDT website for further details as they come available.

**What's on in Canberra?**

Shen Yun – 21-23 May @ Canberra Theatre  
This is classical Chinese dance and music which lavish costumes and sets. Shen Yun Performing Arts is based in New York. This show combines Ancient legends of virtue with modern takes of courage.

Rock The Ballet – 11-12 June @ Canberra Theatre  
Direct from new York comes this fusion of classical ballet technique with musical theatre, hip hop, tap, contemporary dance, gymnastics and more, It's ballet with attitude!

Night. Time. – 28-31 July @ The Playhouse  
Brought to us by Canberra's own QL2 Centre for Youth Dance.  
*As dusk falls, everyone chooses their moment. Snuggled in bed or out on the town, the night world is different through every window.*

Romeo & Juliet – 10-14 August @ Canberra Theatre  
The Royal New Zealand Ballet with the Canberra Symphony Orchestra presents this classic tale of star crossed lovers.

*CDT and the Barely Burlesque Babes present*  
**'Ode to Eve'**

*Sunday May 30 @ 8pm*  
*CDT Studio*

An all girl review including lush performances by dancers who've been part of Liz Lea's Burlesque intensive, the Hush Gypsy, a few other surprises, and of course, Liz Lea herself - performing Bluebird!

This will be her last outing in Australia for a few months before heading off to premiere some new works in UK and Europe. A powerhouse of the senses, she will shake you up and down and all around. Don't miss it.

Tickets at the door - \$5 for CDT members and \$10 for non members.

**Professional Development Opportunity**

On Sunday 6 June Liz Lea will take a Professional Development class for Teachers @ CDT Studios, 3-5pm

'I will concentrate on different technique exercises and sequences along with an introduction to Bharata Natyam, classical Indian dance from South India, as a way to bring use of face, performance awareness and detailed gesture into teaching and choreography. The form gives such detail and ways of opening the body that students find intriguing but easily accessible and in participating and engaging with simple elements of the form they open their dance practice.'

The class is free for CDT teachers, usual class price for CDT members, \$40 for non-members.

## CONTACT IMPROVISATION JAM!

Sharing weight, momentum, falling, lifting... if it looks like too much fun rolling around on the floor with other dancers, then yep it's probably a Contact Impro Jam!

The Contact Impro Jam is happening every Saturday now from 5.30 to 7.30pm.

So far we have had some awesome dances! It has worked out that if more Newbies turn up then one of the more experienced Jammers has often led a warm up or a short class. Other weeks we are just doing our own warm ups and getting straight into the jam.

Cost is \$5 each to cover use of the space.

Jammers also need to be current members of CDT which costs \$5 per year.

If you would like to know more about the Jam you can get in touch with:

- a. Thor [thor.d@grapevine.com.au](mailto:thor.d@grapevine.com.au) or
- b. Holly [holly@dancenorthside.com.au](mailto:holly@dancenorthside.com.au)

## HANDY HINTS FOR DANCERS

- Arrive early for class so you can warm up in the way that is best for your body – do this before you ever do any stretching.
- Wear warm clothing before and after class to avoid the chills.
- Always bring a water bottle and sip it throughout the class.
- Check that the door and windows are closed to keep the warmth in.
- Ensure you have your name recorded before class, with the Class Administrator.
- Make sure your member details are up to date so you can receive important information like this newsletter!
- Please pay attention to the Emergency information on display in the studio.
- Please report any accidents or injuries to your teacher.
- Please invite a friend to come and taste the CDT experience with you!