

Dance Workshops

Sunday, January 15, 2012

Movement Center, 47 Commerce Street, Colchester, Vermont

Highland Dance with Jo Kalat

Jo Kalat is a Fellow in the Highland Branch and a Member in the National Branch of the British Association of Teachers of Dance and an adjudicator for the Scottish Official Board of Highland Dancing. After receiving her dance training from the many fine instructors who taught at the School of Scottish Arts in Banner Elk, North Carolina, Jo Kalat shared her love of highland dance with hundreds of dancers after opening the School of Scottish Dance in Cary, North Carolina. Her dancers have won numerous choreography awards and over 50 championships including national and international championships. Jo, who was the director and choreographer for a sold out performance with Alasdair Frasier in 1996, resides in Cary, North Carolina. She adjudicates highland dance competitions and teaches at various workshops and camps throughout the US.

Intermediate/Premier	9:00am-12:00pm	\$30
Beginner/Novice	12:30pm-2:00pm	\$15

Ballet for Highland

In this workshop the instructor will address important elements of Highland dance from the ballet master's perspective, including body alignment, hopping technique and optimizing turnout. All dancers, whether competitors, performers or recreational dancers, will gain insight and inspiration into how to engage their bodies to improve their overall performance.

Beginner/Novice	11:00-12:00	\$15
Intermediate/Premier	12:30-1:30	\$15

Cape Breton Step with Jen Schoonover

Jen Schoonover has performed Scottish dance at Carnegie Hall and the Kennedy Center in Washington, DC, and in July, 2004, was honored to be the only representative from the "Boston States" invited to dance in the Chestico Days stepdancing festival in Port Hood, Cape Breton Island, Nova Scotia, Canada. Jen has performed at Gaelic Roots, the New England Folk Festival, and Boston Celtic Music Fest. Also a modern dancer, she has served as artistic director of Cape Dance Theater and is co director, with Kieran Jordan, of Turnstyles Dance Project, fusing modern and traditional dance.

In this workshop, Jen will focus on fancy steps for dancers already familiar with Strathspeys, Reels & Jigs.

Advanced Level	9:00am-10:00am	\$15
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REGISTRATION FORM – Mail to Heather Morris, PO Box 385, Charlotte, VT 05445

Highland (Int/Pre)	\$30.00	_____
Highland (Beg/Nov)	\$15.00	_____
Ballet (Beg/Nov)	\$15.00	_____
Ballet (Int/Pre)	\$15.00	_____
Step	\$15.00	_____

Total Enclosed: _____

US funds, payable to St. Andrews Highland Dancers of VT
(SAHDVT)

NAME	
ADDRESS	
PHONE	EMAIL

*Dancers who have already completed a competition entry form do not need to complete this form unless you would like to add the step workshop.