

# Workshops & Residencies

## Workshop / Residency Request Form

Our workshops can bring a new dance form right into your classroom or integrate directly into your curriculum. Book multiple workshops and turn it into a residency! Workshops are available year-round and can take place at your location, in The Cowles Center's studios, or through distance learning technology. Each workshop is a 60-minute session designed for up to 30 students and taught by a Cowles Center Teaching Artist.

### Benefits:

- Results in higher retention
- Provides opportunities for self-assessment and problem-solving
- Builds confidence, teamwork, respect, and cultural awareness

### Arts in Education Program Pricing

1 Session	\$ 200	Packages can be tailor-made depending on school needs
3 Sessions	\$ 500	
5 Sessions	\$ 800	
10 Sessions	\$ 1,500	

## Videoconferencing with Greater Minnesota & National Schools/Organizations:

For greater Minnesota and national schools and organizations, The Cowles Center conducts workshops using two-way videoconferencing technology. Dial our IP Address (50.77.63.74) to connect directly with our polycom, or send us your Zoom meeting room ID to start your session. Cowles Center staff will reach out to the main contact listed once a request form has been received to set up a test connection prior to the workshop date.

# Session Listings & Descriptions

## Afro-Modern

## Creative Movement

## Dance in Popular Culture

## Flamenco

## Hip Hop: Fundamentals of Breaking

## The History, Music, and Movement of Jazz

## Journey Through Black Dance Evolution

## Latin Social Dance

## Mexican Hat Dance

## Moving Through American History

## Musical Theater

## Percussive Dance: Unlocking the Human Instrument

## The Pull of Dance & Music: Feeling and Hearing the Atomic Structure

## Somali Folk Dance

## Soul Dance

## Swing Dance

## **Afro-Modern**

This class explore how the traditional and cultural dance forms of the African Diaspora influenced Afro Modern Dance through energetic rhythms. The positive, fun learning environment of this class will leave you feeling uplifted in body, mind, and spirit.

*Grades: 4th-12th*

## **Creative Movement**

Creative movement is a student's first introduction to exploring the body as an instrument. Using the dance elements: body, action, space, time and energy, students will learn how to navigate different pathways. This workshop is best for elementary students.

*Grades: K-5*

## **Dance in Popular Culture**

Build an understanding of how race, class, gender, and ethnicity have shaped the American experience through popular culture. Try out the basic steps of iconic dances from several historical periods, learning about how social dance, movies, television, and the internet reflect cultural attitudes of the day.

*Grades: 5th-12th*

## **Flamenco**

### **Level One – Tangos de Triana**

Embark on a journey through Spanish culture with a demonstration of Flamenco dance and traditional Flamenco guitar, followed by a lecture about Spanish history and culture. Students then have the opportunity to learn basic Flamenco steps and to work in groups to create their own song based on social and cultural influences in their own lives.

*Grades: 6th-12th*

### **Level Two – Tangos Gitanos**

This class expands on the rhythms and movement of the Flamenco Level One course, adding more complex rhythms and longer choreographic sequences. Delve deeper into Spanish history and culture.

*Grades: 6th-12th*

### **Level Three – Sevillanas**

Learn the traditional partner dance performed at the Spring Fair in Seville. Perfect for intermediate to advanced Spanish students, this course combines rhythm, movement, culture, history, creativity, and teamwork into a fun and engaging hour.

*Grades: 6th-12th*

## **Hip Hop: Fundamentals of Breaking**

Trace the evolution of Hip Hop culture from its roots in New York City to its present place in the music industry. Through spinning on the grounds, kicking in the air, and top rocking the dance floor your class will discover what real Hip Hop is all about.

*Grades: 4th-12th*

## **The History, Music, and Movement of Jazz**

Through learning simple rhythmic movements, students get to experience the relationship between jazz dance, history, and music. Learn how jazz was born from a combination of African and European movement styles to create a dance that is uniquely American.

*Grades: 2nd-12th*

## **Journey Through Black Dance Evolution**

What can the dances of a group of people tell you about them? How are the dances of a cultural group influenced by geographical changes and by the passage of time? Through the lens of their body percussion and other unique expressions of rhythm and song, students will discover a powerful cultural and historical bridge between Africa and the US. The adventure proceeds from the Lowcountry to the Northeastern US. Students will learn and celebrate with Soul Dance, a close forerunner of the original hip-hop that sprang out of NYC, where the dance voyage concludes.

*Grades: K-12*

## **Latin Social Dance**

This active, adventurous class will introduce students to the basic steps of a wide variety of social dances originating in Latin America and the Caribbean. Possible dances include Salsa, Merengue, Bachata, Cumbia, and Mambo. Trace the roots of these dances back to their origin and discover where and how they are danced today. For students studying the Spanish language, our bilingual Teaching Artists will be happy to teach in Spanish to provide an immersive linguistic and cultural experience.

*Grades: 3rd-12th*

## **Mexican Hat Dance**

The Mexican Hat Dance is a fun and easy way to learn about the culture and history of Mexico. Through a short lecture on the origins of the Mexican Hat Dance and a lesson on the basic movements, this class provides a great introduction to the rich history of Mexico.

*Grades: K-5*

## **Moving through American History**

Take a trip through American History, from jazz to soul, from funk to hip hop in this engaging and fun lesson. Students will learn the basic steps of dances from several eras in American history as well as connect these dances to specific locations, movements, and events.

*Grades: 3rd-12th*

## **Musical Theater**

This exciting class will teach short dance combinations from different musicals to the participants. Learn steps from Tony Award winning musicals West Side Story (1958), Hairspray (2003), and Hamilton (2016), which will take participants through a tour of Musical Theater dance history from the Golden Age of Musicals to today. The dance combinations will be inspired by the original Broadway choreography as well as catered to the dance level experience in your classroom.

*Grades: 2nd-12th*

## **Percussive Dance: Unlocking the Human Instrument**

Percussive dance combines drumming and dance in a welcoming environment catered to beginning and advanced movers alike. This class is about grooving along with our own internal rhythms in order to make music as a group. We combine African and Irish rhythms and movements to explore an art form created by the blending of cultures. We will go through the basic steps of physicalizing the beat as an individual; then we will start to build our own uniquely created soundscapes as a class. Explore the cultural synthesis of percussive dance through Appalachian hambone, gumboot, Irish step dance, Collegiate step dance, and vocal percussion.

*Grades: K-12*

## **The Pull of Dance & Music: Feeling and Hearing the Atomic Structure**

This class is an exploration of the scientific principles of atomic structure and magnetism through dance and music elements including time, space, energy, rhythm, melody, and dynamics. Through kinesthetic learning, by the end of this lesson students will understand the basic structure and function of the parts and the whole of an atom.

*Grades: 6th-12th*

## Somali Folk Dance

In this workshop students will be introduced to the basic rhythms and steps of Dhaanto, a popular Somali folk dance. Students will move through a warm up, learn rhythms and steps, and combine them into a phrase.

*Grades: K-12*

## Soul Dance

Experience freedom of expression through the animated dances of the Soul era. Enhanced by a backdrop of authentic Soul and Funk music, students will explore the fundamentals of these fun, energetic moves as they learn about the creative icons and the rich cultural dynamics of this time in American history. The workshop culminates in a festive Soul Train Line, where students can showcase the moves they learned.

*Grades: 3rd-12th*

## Swing Dance

Dive into one of the most popular social dances in American history with this upbeat lesson. Students will develop an appreciation for the history of swing dancing and its intersection with the jazz. Basic swing elements such as syncopation, double-bounce groove, and footwork will provide an introduction to an era of important social and cultural shifts in the United States.

*Grades: 6th-12th*

**Workshop / Residency Request Form**

Looking for other options? Contact us!  
We can design a program that fits your needs.

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