

Cristina D'Alberto  
[www.cristinadalberto.com](http://www.cristinadalberto.com)

## CLASS DESCRIPTION

The class consists of variations on floor work, footwork and partner work.

It is designed to give dancers tools to access and build connections between these elements.

We will begin our warm up researching about the concept of spirals and the awareness of breathing. We will continue with focusing on the complexity of movement by engaging in different dynamics, changing rhythms, finding new coordination in the body and exploding through the space.

We will melt with the floor.

We will use gravity to guide us into and out of the floor and will find the ride on that wave.

We will rip through the air.

We will turn ourselves upside down!

We will train the body to play within the spectrum of readiness and acceptance, animalistic and contemplative!

