



For Immediate Release

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FLEET MOVES DANCE FESTIVAL ANNOUNCES 2013 SCHEDULE OF EVENTS

For Immediate Release June 21, 2013

DANCE CLASSES

KIDS BALLET

July 9 & 11

10-11AM

Location: Wellfleet Preservation Hall, 335 Main Street

Admission: \$12

Twirl, jump, and balance with Cape Cod ballerina Robin Bangert. No previous ballet training required. Suitable for ages 6-11.

KIDS CREATIVE MOVEMENT & CIRCUS ARTS

July 8, 10 & 12

10-11AM

Location: Wellfleet Preservation Hall, 335 Main Street

Admission: \$12

Create moving works of art with Anne Zuerner and Moya Finn. Move through space like a rolling wave or a giant whale, learn how to tumble, juggle, or hoop. Ages 6-11.

MORNING MOVEMENT CLASS

July 8-12

10-11:30AM

Location: Wellfleet Preservation Hall, 335 Main Street

Admission: \$12

Warm up your body and mind with Fleet Moves Morning Movement Class. Led by Fleet Moves Artists, this class will offer participants a chance to breathe, stretch, align, and dance together—a great way to start the day. Come as you are, no previous dance training required. Wear clothing you can move in.

WORKSHOPS

MOVE/DRAW/WRITE

July 7

3-5PM

Location: Wellfleet Preservation Hall, 335 Main Street

Admission: By Donation

This workshop plays with the translation of artistic modes of expression from movement to sound to image to spoken word to written word. We begin by exploring how movement is the foundation for this expressive continuum.

AFRICAN DANCE & DRUM (with Live Music)

July 8

6:30-8PM

Location: Wellfleet Preservation Hall, 335 Main Street

Admission: \$15

Come dance and drum with us to uplift your spirits with Tara Murphy of Cape Cod Dance & Drum! African dance and drumming brings people together in happiness, for rejuvenation, health and community. Release stress, work it out and get into to the rhythms.

DANCE/CAMERA

July 8

3-5PM

Location: Wellfleet Preservation Hall, 335 Main Street

Admission: \$15

In this workshop we will experiment with different strategies of capturing the body in motion. Bring a camera or video-recording device (we will have some extras on hand), or just come to help create brief short dance films. No previous experience necessary.

SENSORY WALKS

July 9 & 11

8-9:30AM

Meeting Point: Wellfleet Preservation Hall, 335 Main Street

Sensory walks offer a chance to take the dance outdoors. We will start with a somatic warm-up that awakens our bodies and senses, allowing for heightened awareness of our environment and our place within it. Along the way, we will develop small choreographies/ rituals/actions that are sourced from our observations. Join us for this guided morning practice, and we invite you to carry the spirit of the sensory walks throughout your day.

BALLET FOR EVERY BODY

July 9

3-5PM

Location: Wellfleet Preservation Hall, 335 Main Street

Admission: \$15

Taught by Robin Bangert, Cape Cod native and member of Texas Ballet Theatre, Ballet for Every Body is a stress-free ballet class that is suitable for both beginners and more advanced students.

STRENGTH, STABILITY & FLOW

July 10

3-5PM

Location: Wellfleet Preservation Hall, 335 Main Street

Admission: \$15

This workshop incorporates yoga, pilates, dance and mindfulness techniques to address the body's natural imbalances. Through focusing on correct alignment, strengthening, stretching and increased body awareness, we will reorganize the skeletal and muscular body and create space for ease and relaxation.

MODERN DANCE

July 11

3-5PM

Location: Wellfleet Preservation Hall, 335 Main Street

Admission: \$15

Taught by Katy MacLellan, Cape Cod native and former Graham 2 dancer, this workshop will introduce participants to the basics of Modern Dance movements and will focus primarily on the Graham Technique. Suitable for all levels of experience.

PERFORMANCES

SITE-SPECIFIC DANCES

July 8-12

Various times and locations, see www.fleetmoves.org for announcements

Admission: FREE

Experience dances inspired by Wellfleet's own history, culture, and natural landscape. Choreographed to the pulsing rhythms of the ocean, the sloping stage of the sand, and the flat expanses of beach lots, these unique performances are not to be missed.

PERFORMANCE INSTALLATION: *REFRAIN* by ABIGAIL LEVINE

July 9

11AM-7PM (Reception 5-7PM)

Location: farm project space + gallery, 15 Commercial Street

Refrain creates a cyclical choreography through the writing of a repeated phrase. A precisely crafted movement incantation, these danced refrains produce a visual document that, like their performance, expands the original phrase through imperfect repetition. The refrain to be performed at farm is based on a phrase excerpted from John Cage's 1959 *Lecture on Nothing*.

IMPROVISATION SKETCHES

July 10

8PM

Location: Wellfleet Preservation Hall, 335 Main Street

Admission: \$15

Watch as Fleet Moves artists create instant choreography in a temporary ensemble. Improvisation sketches will feature an evening of improvised performance including the elements of dance, sound, lighting and costuming based on a structure called Pentamodal Duets. Pentamode is a word built from the Greek *pente* meaning five and the Latin word *modus* for manner. These modes combine to create 15 unique pairings, which are the "colors" or "tones" that comprise a pentamode. In its simplest form, Pentamodal Duet, two dancers listen to the emerging composition and act through these modes of relation. The resulting abstract relationships within the composition are the focus of playful investigation.

10x10: DANCES FOR A SMALL STAGE

July 11

8PM

Location: Wellfleet Preservation Hall, 335 Main Street

Admission: \$15

Ten dancers respond to the challenge of making dances for a 10'x10' stage. From the simple to the sublime, the work created and performed by the Fleet Moves artists will feature unique renderings of both new and adapted works in an intimate setting.

DAWN DANCE

July 12

5AM

Location: White Crest Beach Parking Lot

Admission: FREE

Dawn Dance is part performance, part morning ritual, unfolding along the beach as the sun rises over the Atlantic Ocean.

OTHER EVENTS

MOVING PICTURES FILM SCREENING

July 8

8:30PM

Location: Wellfleet Preservation Hall, 335 Main Street

Admission: by donation

Outdoor film screening behind Wellfleet Preservation Hall showcasing and celebrating the diversity of human movement cultures across all types of landscapes. *Bring a blanket and a picnic!*

CLOSING NIGHT DANCE PARTY

July 12

8-10PM

Location: The Juice, 6 Commercial Street

Admission: FREE

Join the Fleet Moves Artists at The Juice for a tropical dance party featuring sounds from Wellfleet's own DJ White Animal.