

Lion Heart Dance Excursion

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On the first of September Ringwood Secondary colleges dance class (year tens and elevens) made their way to Hawthorn arts center to attend a dance workshop, performance and Q and A. The Hawthorn arts center was big and a venue which wowed the students and teachers. The instructors were very inviting and you could tell that they are passionate about their jobs. After a moment to settle, the group was split into two to have an hour class of jazz and contemporary.

The Contemporary class was taught by Jodie Toogood, a well experienced dancer which has worked with Lion Heart since 2016. This dance involved a lot of floor work. It looked quite hard to catch on to however everyone made it look so easy. All the moves had to be executed slowly so the dance could 'flow.' By the end of the hour Jodie had taught everyone the art of alignment and completion of movement.

The Jazz class was taught by the director/ founder of Lion Heart Dance studio himself, Benjamin Curé. His style was very sassy and fast to learn. He taught everyone how to execute all the moves while being confident at the same time. He taught us that confidence is key, even if you feel uncomfortable or weird doing a certain style, if you put all your energy into and look confident it will look a hundred times better because you aren't doubting yourself.

After these two amazing classes, everyone attended a show named "The Scarlet Trace." It was about what commonly happens in modern day relationships and shows how different people are affected. The dancing involved a lot of facial expressions since foremost it is a dance show, the dancers couldn't talk, or explain what was happening. The music also had a lot to do with telling the story whether it was a slow beat when the dancers were sad or happy lyrics when they were happy. The dance involved a lot of structure and everyone will definitely have learnt something from the distinctive choreography.

It is great to say that everyone had a fantastic time and that this excursion will hopefully run every year, to provide dance inspired kids from Ringwood Secondary the opportunity to learn from great, influential choreographers.

