

# TRIBAL CPH 2018 / Workshop descriptions

Level of dance required to follow the teaching at the summer intensive is:

## **4 days package A = advanced level + upcoming intermediates**

you need to know moves / formations of ATS level 2 as a minimum  
and also general dance experience 2+ years of ATS / Fusion / Gypsy Fusion

## **3 days package B = continued beginners + intermediates**

we recommend 1 year of dance experience in either ATS/Fusion/Gypsy Fusion

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## **THURSDAY July 19**

### **14.15 Welcome / Soulhouse**

*We kindly ask all participants of package A to be present for the welcome.*

### **14.30-15.25 /Soulhouse**

#### **CONDITIONING:**

We start off these intensive training days with a thorough warm-up and conditioning before we step into technique and drills

### **15.30-17.00 /Soulhouse**

#### **TECHNIQUE LAB: (intermed + advanced)**

Technique and drills for ATS(r) and Tribal Fusion

### **17.30-18.50 /Soulhouse**

#### **CHOREOGRAPHY I / (intermed + advanced)**

Dud will present a unique choreography for Tribal CPH 2018, the styling will be Tribal Fusion – and in this first class we will go through technique and combos used in the dance. This choreography will also be performed by the class on Sunday's closing party (optional choice) and technical elements from this choreography will also serve as inspiration for more of our training work this weekend.

This choreography will be worked with in 4 classes over all 4 day.

The music title for this choreography will be informed to registered participants 2-3 weeks before Tribal CPH, so you have time to listen to the music beforehand.

### **19.00-19.30 / Soulhouse**

#### **ZILS (open level)**

This day we will end our practise with a drill session on playing zils

Different arabic rhythms will be introduced for the dancers musical perception – and we will also do small ATS-improvisations together.

### **19.30-19.45 / Soulhouse**

#### **MENTOR / self study**

This first day Dud & Lisa will introduce to you how you may use this mentor-time during the intensive days – for instance: you can go through your notes, practise that combo again or ask teachers questions from the days training, or get some input on what to focus on for yourself in the training programs we offer at Tribal CPH

## **FRIDAY July 20**

### **9.50 Welcome / Soulhouse**

*We kindly ask all participants of package A+B to be present for the welcome.*

### **10.00-10.20 / Soulhouse**

**Warm-up** Yoga-inspired warm-up

### **10.30-12.00 / Soulhouse / Dud Muurmand**

#### **CHOREOGRAPHY II / (intermed + advanced)**

Second class of choreography, we will continue working deeper into the structure and combos, refining and also looking at the expressional side.

This class is only open to participants from Package A – you need to have the first class on Thursday to be able to follow. If you are participating from Package B, you may participate in the alternative class (look below)

#### **ALTERNATIVE class 10.30-12.00/ Hotstepper/ Lisa Bugel:**

##### **SHIMMY technique (open level)**

A technique class with focus on shimmies of different kinds . In this class Lisa will also bring a few selected combos that is taken out of the choreography class repertoire, so you will get a taste of what the choreo-class is doing as well.

### **12.00-13.00 Lunch**

### **13.00-13.30 / Soulhouse**

#### **MENTOR / Self study**

The studio is all yours to go through notes, practise or ask questions / (Dud & Lisa will be available)

### **13.30-14.15 / Soulhouse**

**ZILS (open level)** Zils & rhythms, drills and more drills

### **14.30-16.30 / Soulhouse**

#### **CREATIVE LAB: "DRAMA fusion & expressional dance"**

In this "Creative Lab" we will inspire you to explore the artistic and creative possibilities of the dramatic and expressional dance put together with Tribal Fusion style. We will work both in solo and group process drills.

Coffee-break lecture will be on the topic "expressing yourself - training your "dragontail" "

*(16.30-18.30 .. .preparations for Hafla)*

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## **FRIDAY, July 20, 2018 / TIME: 18.30- 20.30**

### **TRIBAL HAFLA - gathering, open stage & bazar**

A festive but also relaxed gathering with lots of tribal dancing, performances by workshop participants (and of course also by the teachers) + bazar shopping. The perfect place to meet & greet, guests from outside is also welcome.

**ENTRANCE : DKK 40 kids under 15 + Tribaldance.DK members FREE**

(entrance is included in all Package A-B, and you can even bring up to 2 guests for free)

#### **WANT TO PERFORM?**

You can sign up for a performance spot as the same time you send in your registration to Tribal CPH. We will also send out a reminder to all participants with the general info in late June. All performance spots will be SOLO+DUETS: 4 minutes, GROUP: 5 minutes. For groups: all participating group dancers must be registered participants of Tribal CPH

# **SATURDAY July 21**

**10.30-10.50 / Soulhouse**

**Warm-up**

**11.00-12.30 / Soulhouse / Dud Muurmand**

**TECHNIQUE LAB : Gypsy Fusion -intermediate-adv)**

Spins, skirt work, hands/arms and music you cannot sit still to.

**ALTERNATIVE class 11.00-12.30 / Hotstepper / Lisa Bugel**

**Technique: ATS® level 1-3 ( open level)**

Moves, cues and formations of American Tribal Style® – level will be "open" meaning the level will be determined from the participants in the class. Bring zils!

***12.30-13.30 Lunch***

**13.30-14.00 / Soulhouse**

**MENTOR / self study** The studio is all yours .... Dud & Lisa is available

**14.00-16.00 / Soulhouse**

**CREATIVE LAB: "Music and dance composition"**

This Lab will be all about musicality in dance, how to use your music creatively working either with ATS or with Tribal Fusion.

Drill groups will be formed based on ATS-level with participants.

Solo drills will be based on tribal fusion style

The coffee-break will be a theoretical lecture on the subject of "MUSIC"

**16.15-17.30 / Soulhouse / Dud Muurmand**

**CHOREOGRAPHY III – performance preparations**

This 3rd choreography class will be polishing up our dance piece and adding group formations. (package A)

**ALTERNATIVE class 16.15-17.30 / Hotstepper / Lisa Bugel**

**ZILS + Q & A - technique**

Lisa will teach this class based on your questions on technique and combos. Bring Zils!

**18.15-18.45 / Soulhouse**

**ATS® Jam**

Put on your skirts and zils and lets do one of our energizing and fun jams together to end this training day

(optional afterwards – joint dinner in town)

# **SUNDAY July 22**

**10.00-10.20 / Soulhouse**

**Warm-up**

**10.30-12.00 / Soulhouse / Dud Muurmand**

**CHOREOGRAPHY IV: "Performance ready" / (Package A)**

Choreography round up, adding drama and expression, making it more stage ready.

This class is both technique, repetitions – and personal feedback on where to work in deeper

**ALTERNATIVE class 10.30-12.00 / Hotstepper/ Lisa Bugel**

**Technique: Spins & Turns (open level)**

Lisa will guide you thru the most common spins and turns - fast & slow - from ATS + Tribal Fusion ... technique and drills!

***12.00-13.00 Lunch***

**13.00-14.45 / Soulhouse**

**CREATIVE LAB: "PROJECT PLAY - ATS®"**

We did this last year -and it was so much fun, we simply have to try it again - so for Tribal CPH 2018, we will invite you work intensively for 90 minutes on a fast forward, intensive and refreshing ATS®-inspired group choreography – all levels can be in!

Dud & Lisa will beforehand have created a choreography project, meaning a formation /movement structure based on the ATS® building blocks – easy and simple, but so much fun when the project comes to life within one class.

We will split class into 2 project groups, doing the same project – but then we can perform for each other in the closing party

**14.45-15.15 / Soulhouse**

**CLOSING PARTY!**

**This last gathering we will have the 2 project groups perform - and the choreography group will also show the final version of their intensive work from 4 days.**

**.. and then it is time to say goodbye and see you in 2019!**

**Info: [www.tribaldance.dk](http://www.tribaldance.dk)**