***Creative******Contemporary Choreography***

***Class, Created and Taught by***

***Emma Mesrobian***

***CLASS and LECTURING:***

The class that I will be teaching and lecturing on, at the congress is, called, ***Creative******Contemporary Choreography***. This class is based on elements of emotion and the imaginary body. We will be using a technique from ***Element of Dance*** ***B.E.S.T***. Body, Space, Force, and Energy.

I have created this class for not only professional dancers, but also, for non-dancers and beginning choreographers, who, easily get choreographers block. This concept is also great when working with actors, stage performers and with props.

Learning the technique will help the choreographer and the dancer better understand his/or her body to freestyle and come up with creative moves and on the spot choreography for i.e. auditions, improvisations or showcase demonstrations. They will also utilize their time and movement wisely and help them direct the artist towards the direction they would like their vision to be clearly executed.

The reason I love this technique and this way of choreography, is because it allows you to draw from personal experiences. From raw and real emotions and you don’t really have to be technically trained. The person/dancer/artist, feels alive, feels free and feels like they are telling a story and at the same time they created a dance, just like a choreographer.