Capturing Spontaneity in Partnering

Investigating trust through listening, weight, touch and sight, this partnering workshop gives participants an opportunity to step into the Tiffany Mills Company’s creative process. The class starts with simple exercises, offering an opportunity to work in-depth on body alignment, physical clarity, breath, and movement initiation so the dancer can connect his/her inner and outer worlds with that of a partner. In the warm-up, students are brought to a calm place, focusing on ease in the muscles while allowing the skeleton to move freely, yet clearly, with a partner. From here the dancers are guided through exercises to mentally and physically awaken and energize. Students will explore connection to the floor – through use of weight, connection to space – through use of focus, and connection to a partner – through use of touch. All will lead to powerful and articulate movement with others progressing to weight bearing/sharing and an exploration of levity and gravity. Throughout, dancers will be encouraged to open to spontaneity, risk-taking and creativity.

Biography: Tiffany Mills, is choreographer and artistic director of the NYC-based Tiffany Mills Company. Her dance/theater work focuses on human relationships, is grounded in partnering and fueled by collaboration across mediums. Mills moved to NYC in 1995, formed her Company in 2000, and has created 21 works performed at such venues as: BAM Fisher, Danspace Project’s City/Dans, Baryshnikov Arts Center, Guggenheim Museum Works & Process/Lincoln Center Out-of-Doors, PICA’s TBA Festival (Oregon), Wexner Center for the Arts (Ohio), and in Mexico, Canada, Italy and Russia. Recent residencies: Baryshnikov Arts Center and The Joyce. Recent guest teaching: Gibney Dance Center, Dance New Amsterdam, Trisha Brown Studios, ACDFA, universities nationally, dance festivals nationally and internationally. www.tiffanymillscompany.org