

Smiling Mountain Summer Intensive

Trad Dance Theater



with
Matthew Olwell
&
Emily Oleson

June 11th - 15th 2012

Rockfish Valley Community Center

www.mattolwell.com

Good Foot Dance Company Presents: *The Beat Retreat*



2 Performances at The Hamner Theatre, Afton, VA

www.hamnertheatre.com

Friday June 8th, 8pm
Pay what you can

Saturday June 9th, 8pm
\$10/Adult \$5/Children

Master Classes with Special Guest Artist Teachers

Flatfooting- Becky Hill 12-1pm
Irish Step Dance- Kate Spanos 1-2pm
Dance the Tune- Nic Gariess 2-3pm

All master classes \$15, open to dancers of any experience level, & will be held at:
RVCC 190 Rockfish School Ln. Afton, VA

...Good Foot Summer Schedule...

| | |
|-----------|------------------------------|
| 6/30-7/1 | Vaudevival, Dance Place, DC |
| 7/15-7/21 | Swannanoa Celtic Week, NC |
| 7/22-7/28 | Boxwood Music Camp, NS |
| 8/5-8/11 | Augusta Dance Week, WV |
| 9/7-9/9 | Wheatland Music Festival, MI |

www.mattolwell.com
www.goodfootdance.org
www.vaudevival.com

Registration Form

Name of Student: _____

Name of Guardian (if under 18.) / Emergency Contact: _____

Address: _____

Phone number: Home: _____ Cell or daytime: _____

Email address: _____

Method of Payment: (indicate one) _____

Check, payable to Matthew Olwell
Credit/Debit Card or Cash (Due at the beginning of the first class)

All classes are numbered, please check those for which you are registering:

1. _____ 6. _____
2. _____ 7. _____
3. _____ 8. _____
4. _____ 9. _____
5. _____ 10. _____

Advance Registration is required. Registrations/questions please email mattolwell@gmail.com or emilyoleson@gmail.com, or call Emily (540) 421-4451 or Matthew (410) 212-0867.
Please mail completed form to: Matthew Olwell 8313 Eastridge Ave #2 Takoma Park MD 20912

I understand that there is risk of physical injury inherent in all movement studies, and I assume this risk, and will not hold instructors, facility or employees responsible for personal injury or damages.
Signature of dancer, parent or legal guardian (if under 18.) _____

CLASSES with Emily

9:00am - 9:30am Warm-up (Free for registrants)

9:30am - 10:30am Modern Dance (#1)

Got a big vocabulary? How big is your movement vocabulary? Modern dance is all about broadening range of motion, releasing chronically held tension, and finding unique moments of self-expression. No prior experience required.

10:30am - 11:30am Int/Adv Irish Soft Shoe (#2)

For students who want to hone soft shoe skills and tricks and work toward greater amplitude in their dancing. Students should have solid knowledge of jig and reel time signatures. This class is physically rigorous, please come prepared to work hard.

11:30am - 12:30pm Advanced Irish Hard shoe (#3)

For dancers with several years of hard shoe experience or more or who have taken an advanced hard shoe class with us previously. We will build challenging new repertory and tackle the skills to perfect it.

12:30pm - 1:30pm LUNCH BREAK

1:30pm - 2:30pm Vernacular Jazz Era Party (#4)

This class will focus on playing with jazz-era movement like the Shorty George, Suzie Q and the Charleston, vintage vernacular movement of African American origins from the 1920s, '30s, and '40s. We'll attempt to return these dances to their social (as in party) context, looking at some historical and social context along the way.

2:30pm - 3:30pm Intro to Urban Dances (#5)

Contemporary urban American dance forms already comprise their own traditions, fitting into a traditional dance curriculum because their origins and social contexts are similar to the other forms we teach. Experiment with fundamentals from different styles and discuss resources for future study as well!

4:30- 5:00 Strength/Flexibility (Free for registrants)

A stretch and cool-down class for dancers who've been working hard all day. Emphasis will be on stretching muscle groups that tend to get overworked, and on attaining flexibility for better dance technique.

CLASSES with Matthew

9:30am -10:30am Percussion Workshop (#6)

Class will utilize Bodhran (Irish Frame Drum), basic hands and feet, and found objects to make many kinds of percussion-driven music. All levels welcome.

10:30am - 11:30am Flatfooting (#7)

Flatfooting is a blend of Irish, African and American Indian dances, often associated with Appalachian old-time music. Class will focus on developing personal style; open to dancers of any level, this class will cover a range of steps and improvisation.

11:30am - 12:30pm Int. Irish Hard Shoe (#8)

Learn basic rhythms and execution of jigs, reels and hornpipes. Good for dancers with at least two years of step dance experience who want to improve their technique and acquire a range of material, from drills to more intricate steps. Emphasis will be on keeping good time and dancing with style and grace.

12:30pm - 1:30pm LUNCH BREAK

1:30pm - 2:30pm Body Percussion (#9)

More emphasis on hands and feet than in Percussion Workshop, the body will be our main instrument. We will play with layering parts, changing time signatures, and break down more advanced triplets, rolls, accents, and sixteenth notes.

2:30pm - 3:30pm Tap (#10)

A classic American art form, tap has a rich history spanning hundreds of years of conversation between Northern European and West African oral and percussive traditions. Highly developed musically, the body of knowledge in even the simplest of tap drills can enhance the percussive dancer's skill-set and toolbox, building on the familiar, but traveling into the delight of the new.

3:30pm - 4:30 Performance Workshop (Free to registrants)

We will look at elements of dance performance including stage presence and awareness of group choreography. Students will participate in the choreographic process in a supportive and stimulating setting. This class will present work in a Friday afternoon showcase for friends and family in the RVCC auditorium.

Price List

One hour-long class for the week: \$60.00

Half-day participation in the morning (5 days) \$150.00

Half-day participation in the afternoon (5 days) \$200.00 (Other partial-day tuition arrangements considered, please contact us.)

Classes all day for the week: \$300.00

Family Discount: Second family member* gets 1/2 price tuition! *Family member taking equal or fewer classes

"Drop in" rate: \$15/hour

Students are welcome to drop in for a single class, but should be aware that classes are cumulative, and instruction will be geared towards week-long participants.

Please register in advance by June 1st by mail or email. This will allow us to hold a place for you and let you know about any changes to the class schedule. Minimum of five students required to hold each class, so schedule is subject to change based on enrollment.

All classes are open to students age 7-adult. **Please contact us if you have questions about your level.**

