

The Crescent Roll – playful physics for all levels

Drawing on Steve Paxton's Material for the Spine we'll explore the crescent roll - abstracted from contact improvisation - in solo variations. Once the form feels familiar in our bodies, we'll reinstate the pattern into contact duet exercises in a variety of levels. Finding connection to centre and our balance when in supports will be important themes. Following sufficient technical research, we'll take our insights into playful open dancing.

Robert Anderson is an independent dancer based in London. He teaches contact improvisation at Trinity Laban, Rose Bruford College and in a variety of settings in the UK and abroad. He's a company member Touchdown Dance. Robert has studied and practised dance improvisation since 1996. Influential teachers have included Kirstie Simson, Nancy Stark Smith, Angus Balbernie, Ray Chung, Julyen Hamilton, and Steve Batts. Robert was a co-founder of London Contact Improvisation in 2001. In teaching dance improvisation Robert seeks to find connections through the senses, inviting play and poetry in our dancing.