

C-12

DANCE THEATRE

The national
touring company

Creative Learning Programmes

High quality dance theatre workshops,
performances and lecture demonstrations for
the Education and Community sectors

G-12 DANCE THEATRE

Established in 2005 by Annie-Lunnette Deakin-Foster, Nasae Evanson and Adam Towndrow, the company fuse dance and theatre creating a unique blend of physical dance performance with a theatrical narrative.

G-12 Dance Theatre uses dance and performance to compliment the national curriculum as well as encouraging health and fitness. G-12 has a large portfolio of professional performance experience as well as an impressive educational history, with professional dancers who are rich and diverse in their background, training and ethnicity.

G-12 Dance Theatre is a London/Hertfordshire based dance theatre company that delivers a number of exciting, educational interactive workshops and productions to schools, colleges and universities around the country.



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CREATIVE LEARNING PROGRAMMES

C-12 Dance Theatre delivers a broad range of high quality creative learning programmes that engage a variety of ages and abilities with an aim to encourage a progressive way of learning through dance theatre.

- Dance classes
- Workshops
- Devised choreography
- Tailor made projects
(C-12 to Choreograph productions at Schools/Community)
- Lecture demonstrations
- Performances

These accessible programmes are aimed at a variety of participants within the community from schools and universities to youth clubs and community centres. Each workshop or project is adapted to the environment, ability and need of the participants within primary schools through to professional level and everything in between, exploring different styles of movement and theatre.

With flexible programmes to suit the need of a school, C-12 offer one off workshops, term time projects and year long classes for pupils, parents and teachers.

With a team of experienced practitioners, dancers and community workers, C-12 can create and/or host a variety of exciting projects.

C-12 support,
interact
and engage
with people.



CONTEMPORARY DANCE WORKSHOPS

C-12 Dance Theatre predominantly work in the field of contemporary dance and through their unique style and experience, the workshops will challenge and develop technical ability.

- A brief introduction into contemporary dance
- Warm up
- Technique led exercises
- Small routine
- Choreographic tools
- Learn an extract from C-12 repertoire

These are available in 2 hour or full day sessions.





PHYSICAL THEATRE WORKSHOPS

The physical theatre workshops are a fully interactive experience, learning and applying the tools of how to create a physical theatre piece.

- Brief history of physical theatre
- Warm up
- Trust exercises
- Confidence building exercises
- Improvising
- Devising work
- Contact improvisation
- Transforming text to movement
- Creating a short work



These are available in 2 hour or full day sessions.

STREET DANCE

Street Dance Workshops are a fantastic, high energy and exciting chance to develop knowledge and understanding of the genre, focusing on individuality, confidence and personality.

- Brief history of Street Dance
- Warm up
- Tricks
- Choreography
- Commercial Street Dance
- Street Jazz
- Contemporary Street Dance

These are available in 2 hour or full day sessions.





LECTURE DEMONSTRATION

This is an exciting opportunity to meet some of the company members of C-12 Dance Theatre who will share their experiences of working and performing professionally and give advice on how to develop a career in dance. Included within this fantastic lecture demonstration is a performance by C-12 Dance Theatre.

- Introduction into C-12 Dance Theatre
- Performance by the company
- Advice on progression routes and how to develop a career in dance
- Question and answer session

This is a 1 hour session or a 2 hour session.

PROJECT HIGHLIGHTS

- **Xcellerate Dance Company** in 2007-2009, Dagenham
- **Chancellors School**, 2009 Grease musical theatre production
- 2010 Chancellors School youth company **E-motion** who went on to perform in *High Voltage* at Dance East, *Live Vibe* at Lilian Baylis and East London Dance's *Highlights* evening at Stratford Circus
- **Attic Theatre Co.** Since 2008 Refugee Project in Brixton
- In 2010 C-12 launched their **first annual Summer School**, an intense week of technique classes, fitness for dance, choreography and performance. This enabled participants to experience high level dance training and an in depth experience of a professional choreography process, working as company.

"I really enjoyed the summer school, learning to act within dance, perform and gained more confidence." Matthew Dummigan, Summer School Pupil



"C-12 Dance Theatre are an ambitious and dynamic dance company who create high quality, high energy work that is accessible and thought provoking. During their time as East London Dance Associate Artists, they have developed a strong track record of delivering participatory projects and performances with young people in East London. Their versatility as dancers, the accessibility of their work, their entrepreneurial ideas, and their ability to engage and inspire young people all makes them a great company to deliver your dance projects."

Polly Risbridger, Creative Producer, East London Dance

"C-12 have worked with Chancellor's School for a year, firstly to create the choreography for our school production of "Grease", and then to provide extra curricular dance classes. They have greatly enhanced dance in the school, and have created their own youth company from among our pupils. The enthusiasm from the pupils has been fantastic, as has been the quality of their performance at Stratford Circus, Lilian Bayliss at Saddler's Wells, and Dance East in Ipswich, as well as at the school."

Stuart Phillips, Headmaster, Chancellor's School

"C-12 Dance Theatre has had a huge impact on the lives of young people in the Welwyn and Hatfield area. By providing positive role models through high quality dance, these young people build confidence, increase fitness and have fun working in a team. Long may C-12 continue to work in the area."

Grant Shapps, Conservative MP for Welwyn and Hatfield

"I would have no hesitation in employing C-12 Dance Theatre to be involved with any forthcoming project. They are a flexible and adaptable company who will respond to the needs of their client group. C-12 are a creative and accessible group who will always complete projects with enthusiasm and great skill."

Rosie Lehan, Dance Lecturer, City and Islington College

CONTACT US

C-12 Dance Theatre can be visited on www.c-12dancetheatre.com. To see the professional or youth company perform, please visit the website for dates, venues and availability.

To enquire further about the Creative Learning Programmes available and costs please contact us.

Workshop and General Enquiries

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07984 145370

Touring/Press/Marketing Officer

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C-12 Dance Theatre was appointed an East London Dance Associate Company in 2009.

C-12 can also be found on MySpace, Facebook and Twitter.

Credits

ELD

White Halo Design

Photography

Danny Loo Images

Nick Gurney

Hugo Glendinning

