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COPIOUS DANCE
lamenting addiction
by grier cooper

DANCE STAGES

A failing relationship, one person waiting and secretly hoping for the other person to change. To stay ... or not? The world premiere of **Secret's Lament** by Copious Dance Theater traces the downward spiral of the addict, consumed with the disease of addiction, and the lover, who hopes that love will override the addiction.

Set to live music by award-winning composer/vocalist/pianist Katy Stephan, it is a dance of dysfunctional partnership, the lover keeping the secret of pain and disappointment. "They are people around us or perhaps they are us," says **Kat Worthington**, choreographer and founder of Copious Dance Theater. "However, you cannot fix or control anyone. Focus on yourself and accept responsibility for your own contentment and joy. Why not begin with oneself instead of waiting for the other to change?"

Copious Dance Theater takes its name from the Latin word "copiosus", meaning abundant, or plentiful. Founded in 2009 by Worthington, the company's mission is to (copiously) give back to the Creator and the community at large. Company members have made good on that promise by serving meals at Glide Memorial Church. The company has distinguished itself by its dedication

to athleticism, European aesthetics and the modern dance technique of Lester Horton. Worthington also teaches Horton's technique, known for its incorporation of diverse elements of world dance, at Alonzo King's Lines Dance Center in San Francisco.

Choreography is an organic process for Worthington. "We play, teach and explore until we stumble upon something worth pursuing more thoroughly. Music motivates me. I hear a song and 'see' the dance that goes with it."

Katy Stephan's music for *Secret's Lament* is an integral piece of the production, although the choreography was created before the music in this case. Worthington says, "I feel like I'm doing things backwards this time." She's enthusiastic about the company's first home season. "Working with such committed, talented and beautiful dancers is exciting and humbling at the same time."

COPIOUS DANCE
May 13-15
Z Space
450 Florida Street, SF
\$18 to \$22 | 415.626.0453
copiousdance.org

Laura Sharp
Kat Worthington

image: hemali acharya zaveri



MAY 2011 | **BAYSTAGES** | **33**