

ALONZO KING LINES DANCE CENTER



Students will show off their new Horton skills in a small informal studio showing on March 31st.

Horton Technique for Absolute Beginners Workshop with Kat Worthington

Saturdays, Feb. 4 through Mar. 24, 2012
1:15-2:45pm
\$135, if paid by Jan. 22
\$160, if paid after Jan. 22

This Horton Technique workshop for beginners is perfect for students with no prior Horton experience. Students will learn how to develop strength and body awareness by learning a proper Horton warm-up and by practicing fortifications, preludes, floor work and movement studies. By completing this workshop, students will gain sufficient knowledge and familiarity to attend regular Horton classes taught at Alonzo

King LINES Dance Center. Students will conclude the workshop by showing off their newly learned Horton skills in an informal studio showing. This intensive workshop will be an enjoyable learning opportunity for any open-minded dancer ready to sweat and be challenged.

IMPORTANT

This is not a performance workshop. Focus is on learning the technique. A small portion of the workshop time will be used to prepare for the showing.

Kat Worthington, a native Swiss, received her BFA in Dance from California State University Long Beach. She holds a Horton pedagogy certification from the Ailey School in NYC and is a National Academy of Sports Medicine certified personal trainer. She has taught Horton throughout Asia and Europe and worked as an active performer and choreographer in the NYC and Bay Area dance communities. She currently teaches Horton Technique at Alonzo King LINES Dance Center & Ballet School in San Francisco and Shawl-Anderson Dance Center in Berkeley. Kat is Founder and Artistic Director of Copious Dance Theater. (www.copiousdance.org)

NOTE: Unless stated otherwise, no cash refunds for Alonzo King LINES Dance Center workshops. However, tuition paid may be credited to you to pay for drop-in classes at LINES Dance Center. No credit will be granted after the first day of the workshop.

26 Seventh Street, 5th Floor • San Francisco, CA 94103 • www.linesballet.org/dancecenter • 415.863.3040 x221