

The other week I had the pleasure of attending the Sydney Dance Company workshop with the Senior School Dance Academy, during which we learned many combinations, exercises and even a work that the company is touring with at the moment. Over the two days we had Brad and Remi we experimented heavily with new ideas and stimuli that inspire artists in improvisation. Starting with just a word, or phrase; such as “cold shivers” or “pulse party,” we began creating movement through improvisation led by a particular body part. Eventually we joined partners then bigger groups, taught our phrases to each other and soon enough we had 64 counts of choreography. Just from one idea to another we developed movement that we later manipulated, enhanced and changed to create a work of our own. This process is how Sydney Dance Company works, under their artistic director Rafael Bonachela, and it was such a great insight into the methods that companies work with, and such an amazing tool to now have in our toolbox. If there was one thing, out of hundreds, that I took away, it would be; no matter how you’re feeling, get up, dress up and show up because you never know what opportunities the day has - and the things I learnt at that workshop I will take into my future and my career.

- Teo Ross