

TRIBAL CPH 2017

Welcome to this 7th year of intensive summer training in tribal style bellydance in Copenhagen. It is with great pleasure I present you with the 2017 program where we have given much consideration into giving you 4 days of total dance bliss with both room to the essential social connection between you dancers as well as possibility of challenging your dance-self in moving forward in your skills, technique and art making.

It is again the concept of a intensive program, where there will be a thread through each training day and also from from day 1 to day 4. We have slightly altered how the hours are distributed over the days - giving a bit more time to training on day 1 and advancing the choreography level.

Also, we have come up with a new way making room for different performance opportunities without the time stress of doing everything in one hafla evening – so now we have Hafla night on Friday evening, a jam session Saturday and a closing party on Sunday.

We look much forward to welcoming you back in Copenhagen in July 2017 !

☺ Dud & Lisa

CLASS descriptions

THURSDAY July 20

14.15 Welcome / Soulhouse

14.30-16.00 /Soulhouse

TECHNIQUE LAB: Spins,turns & flow / (intermed + advanced)

Warm-up – flow, steps, spins, turns

16.15-17.15 / Soulhouse

TECHNIQUE LAB II: skirt fusion (interm + advanced)

Gypsy influenced technique for skirtwork, steps, arms

17.30-18.45 /Soulhouse

CHOREOGRAPHY I / (intermed + advanced)

Dud will present a unique choreography for Tribal CPH 2017, the styling will be Gypsy Fusion / Skirt Fusion – and in this first class we will go through technique and combos used in the dance. This choreography will also be performed by the class on Sunday's closing party (optional choise) and technical elements from this choreography will also serve as inspiration for more of our training work this weekend.

This choreography will be worked with in 4 classes – over all 4 days, it is only participants from Package A that can join these classes,

The music title for this choreography will be informed to registered participants 2-3 weeks before Tribal CPH, so you have time to listen to the music beforehand.

19.00-19.30 / Soulhouse

Zils (open level)

This day we will end our practise with a drill session on playing zils
Different arabic rhythms will be introduced for the dancers musical perception – and we will also do small ATS-improvisations together.

19.30-19.45 / Soulhouse

MENTOR / self study

This first day Dud & Lisa will introduce to you how you may use this mentor-time during the intensive days – for instance: you can go through your notes, practise that combo again or ask teachers questions from the days training, or get some input on what to focus on for yourself in the training programs we offer at Tribal CPH

FRIDAY July 21

10.00-10.25 / Soulhouse

Warm-up

Yoga-inspired warm-up to wake up the body ...

10.30-12.00 / Soulhouse / Dud Muurmand

CHOREOGRAPHY II / (intermed + advanced)

Second class of choreography, we will continue working deeper into the structure and combos, refining and also looking at the expressional side.

This class is only open to participants from Package A – you need to have the first class on Thursday to be able to follow. If you are participating from Package C, you may participate in the alternative class (look below)

ALTERNATIVE class 10.30-12.00/ Hotstepper/ Lisa Bugel:

Gypsy Fusion technique (open level)

A technique class with gypsy fusion and basic skirt work. In this class Lisa will also bring a few selected combos that is taken out of the choreography class repertoire, so you will get a taste of what the choreo-class is doing as well ☺

12.00-13.00 Lunch

13.00-13.30 / Soulhouse

MENTOR / Self study

The studio is all yours to go through notes, practise or ask questions
(Dud & Lisa will be available)

13.30-15.30 / Soulhouse

CREATIVE LAB: "Drama fusion and expressional dance"

In this "Creative Lab" we will inspire you to explore the artistic and creative possibilities of the dramatic and expressional dance. We will work both in solo and group process drills.

Coffee-break lecture will be on the topic "theater & dance"

15.45-16.30 / Soulhouse

Zils (open level)

Zils & rhythms, drills and drillings – gypsy fusion related

16.30-18.30 preparing for hafla evening

18.30-20.30 Hafla

NB! As a new offer this year, Dud & Lisa will be available for technical feedback on a few performances from this Hafla. Feedback will be given in the Saturday mentor time.

To apply for a feed-back spot, please indicate in your registration (package A+B only)

SATURDAY July 22

10.30-10.55 / Soulhouse

Warm-up

11.00-12.30 / Soulhouse / Dud Muurmand

TECHNIQUE LAB: BACK TO THE ROOTS / AFRO FUSION (OPEN)

Afro, ghawazee and old style baladi

ALTERNATIVE class 11.00-12.30 / Hotstepper / Lisa Bugel

Technique: ATS® level 1-3 (open level)

Moves, cues and formations of American Tribal Style® – level will be "open" meaning the level will be determined from the participants in the class. Bring zils!

12.30-13.30 Lunch

13.30-14.30 / Soulhouse

MENTOR / self study

The studio is all yours Dud and Lisa will in during this hour give technical feedback to selected hafla performers from Friday evening.

14.30-16.30 / Soulhouse

CREATIVE LAB: "ATS® stylization"

This Lab will be all about using creativity to style your ATS® improves for a specific expression, mood or style set-up.

Musicality and using the music in creative ways will also be part of the group drills this afternoon.

Drill groups will be formed based on ATS-level with participants.

The coffee-break will be a theoretical lecture on the subject of "ATS® costuming"

16.45-18.00 / Soulhouse / Dud Muurmand

CHOREOGRAPHY III – fine tuning

This 3rd choreography class will be polishing up our dance piece and adding group formations.

ALTERNATIVE class 16.45-18.00 / Hotstepper / Lisa Bugel

Zils (Open level)

Lisa will teach this last zils class – questions are much welcome.

Bring Zils!

18.15-18.45 / Soulhouse ATS® jam

(optional – dinner in town)

SUNDAY July 23

10.00-10.25 / Soulhouse

Warm-up

10.30-12.00 / Soulhouse / Dud Muurmand

CHOREOGRAPHY Class IV: "performance ready" (advanced – only package A)

Choreography round up, adding drama and expression, making it more stage ready.

This class is both technique, repetitions – and personal feedback on where to work in deeper

ALTERNATIV class 10.30-12.00 / Teaterskolen/ Lisa Bugel

Technique: Travel moves (open level)

12.00-13.00

Lunch

13.00-14.30 / Soulhouse

CREATIVE LAB: "Project ATS@"

Our last Lab of Tribal CPH 2017, we will invite you in to do a fast forward, intensive and refreshing ATS@-inspired group choreography – all levels can be in!

Dud & Lisa will beforehand have created a choreography project, meaning a formation /movement structure based on the ATS@ building blocks – easy and simple, but so much fun when the project comes to life within one class.

We will split class into 2 project groups, doing the same project – but then we can perform for each other in the closing party

14.45-15.15 / Soulhouse

CLOSING PARTY !!

This last gathering we will have the 2 project groups perform - and the choreography group will also show the final version of their intensive work from 4 days.

.. and then it is time to say goodbye and see you in 2018!

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For PRICES and REGISTRATION info

www.tribaldance.dk

www.dudmuurmand.dk