

takePAUSE is an annual performance and technique workshop for adult dancers beginning through professional level, at eXit SPACE in Seattle WA. Each year eXit SPACE sells out an exciting, jam-packed weekend of shows at Broadway Performance Hall featuring jazz, ballet, modern, tap, and hip-hop performances by adult dancers in our Adult Program. **takePAUSE** is celebrating its thirteenth year (2018) and has emerged as one of the best opportunities for adult dancers of all levels to work with professional teachers and choreographers while in an encouraging, welcoming, and supportive environment.

Students may choose from a variety of choreographers, styles of dance, and technique levels. The **takePAUSE** Workshop includes weekly rehearsals and classes that span from late February to May, culminating in three professionally produced evening concerts at Broadway Performance Hall in Seattle WA. Choreographers are warm and welcoming as they challenge and encourage all dancers to reach their potential in class and in rehearsal.

This year's choreographers include:

Karen Baskett, Levi Hawkins, Mary Tisa, Anne Motl, Jennifer Carroll, Annie DeVuono, Sam Picart, Noelle Price, Laura Peterson, Amy J Lambert, Angelica DeLashmette, Bryon Carr, and Marlo Ariz



DETAILS and REGISTRATION

Basic to Intermediate level dancers may self-select their level and genre. Dancers who wish to register for *Int-Advanced to Professional Levels must attend the listed choreographer's class to be considered for that specific piece. *Int-Advance to Professional level participants must receive choreographer's permission before registering.

- All rehearsals begin the first week of February unless noted. Show dates are Fri-Sun, May 4 - 6, 2018.
- Dancers are required to attend at least one class per week at eXit SPACE from February until the May performance.
- Class tuition is paid for separately. Dancers may pay a drop in rate per class or purchase a punch card.

takePAUSE Rehearsal Pass: \$150 (per work)

takePAUSE Registration Fee: \$20

Class Cards/Drop Ins: Cost varies, please see website for details.

www.exitspacedance.com

Please review the **takePAUSE** information below, organized by genre (tap, ballet, hip hop, modern, etc)
TO REGISTER: Stop into eXit SPACE Mon-Thurs 3pm-8:30pm, Friday 4-7pm, or Sat-Sun 9am-12pm. Registration fee (\$20) and al tuition is due upon registration.

Registration closes January 31, 2018.

TAP

Laura Peterson

Beginning Tap

Rehearsal Time Saturday 1:00-2:00pm Studio B

Music: We Got the Beat by The Go-Go's. As the song says, We Got the Beat! Starting with a simple rhythm, we will build upon that to a more complicated structure. Lots of travelling movement and formations will be included creating an overall high energy and fun piece.

Laura Peterson

***Int-Adv Tap**

Rehearsal Time: Tuesday 8:30-9:15pm Studio B

Music: Lost in the Supermarket by The Clash. Open to both Intermediate and Advanced level Tap dancers, there will be a little something for everyone. I will structure the dance based on the dancers that sign up. I will have sections for the Advanced dancers and sections for the Intermediate dancers as well as the full group of dancers. More challenging and intricate rhythms will be introduced as well as plenty of flash steps. PROPS will be used such as cereal boxes, grocery bags, fruit or whatever you normally buy at the grocery store! If only I could get my hands on some shopping carts...

HIP HOP

Sam Picart

Beginning - Advanced Hip Hop

Rehearsal Time: Sunday 5:00-7:00pm Studio A

Do you want to get down and have a blast performing on stage!? Then come include yourself in this open level hip hop work! This high-energy piece is a mixture of new and old-school hip hop jams alike! We'll cover everything from quick and explosive movement to slow and groovy. If you have no problem having a good time with some fun music in a group of people that embody attitude and fun, you'll be good to go! Some dance experience is required so that you feel comfortable learning material and performing in front of others.

If you're good with that then what are you waiting for? Sign up today and let's bring the FUNK!

Angelica DeLashmette

Beginning - Advanced Hip Hop

Rehearsal Time: Wednesday 8-9:15pm Studio Two

This Intermediate level Hip Hop performance piece will be designed for dancers with a Basic/Beginner Hip Hop Dance foundation, who are ready to take their skills and individual expression to the next level! This piece will be a mix of fun, funky, and groovy Hip Hop music classics! From Outkast to Ice Cube, we'll be groovin' to oldies but goodies! Dancers will not only develop their technical foundation and performance skills in the choreography, but will also learn to develop their own unique expressive voice through freestyle! This piece will be focused on facilitating creative play, collaboration, and lots of fun gettin' down!

MODERN AND CONTEMPORARY

Anne Motl

Basic Modern

Rehearsal Time: Saturday 5:30-7pm Studio Two

Jump into a fun experience of learning choreography at a slow pace and get ready to perform a dance on stage for the first time ever (or maybe it has been a long time!). This piece will be an expansion of the material that has been taught in the basic level series. Movement and music will be uplifting as we explore shape and space together. Don't be shy, this is your chance to move, perform and experience your first eXit SPACE Take/Pause!

Bryon Carr

Beginning-Intermediate Modern

Rehearsal Time: Sunday 3-4:30pm Studio One

In a safe and encouraging environment, you will learn some short, full-body dance phrases and some basic partnering (no partnering experience necessary). We will then use these learned phrases to compose the piece as well as, work on developing your stage presence. This piece will require you to dance barefoot and attending my modern class during the rehearsal process is highly recommended.

Laura Peterson

Beginning Modern

Rehearsal Time: Mondays 8:15-9:15pm Studio Two

Music: (Nothing But) Flowers by the Talking Heads

Big, flowy, sweeping movement with energy that will be happy and joyful. Large pieces of dance choreography will also be laced with smaller movement and gestures that represent landscapes and nature. I want this dance to feel like a celebration!

Noelle Price

All Levels Modern

Rehearsal Time: Sunday 4:00-7:00pm Studio Three

Get ready to explode with joy on stage in this quirky piece about self-love as we jam to sounds by Bobby McFerrin. You will be challenged in your ability to retain quickly developed phrase work and given opportunities for self-expression. All levels welcome! Dancers are highly encouraged to attend Afro-Modern Thursday nights from 6:30 to 8pm as I plan to incorporate rhythms inspired by the African Diaspora.

Amy J

Intermediate Modern

Rehearsal Time: Saturday 2:15-4:00pm Studio Two

This ain't no party. This ain't no disco. This ain't no fooling around! This year Amy J and dancers will dive into the music of the band Talking Heads! The work and rehearsal process will be fun and quirky. Dancers will be challenged to develop and execute clarity of shape through space, rhythm/musicality and a high-level performance quality. Cast members are highly encouraged to attend Amy J's Saturday 12:30pm-2pm Intermediate Modern class as warm up prior to rehearsal.

Mary Tisa***Int/Advance Modern**

Rehearsal Time: Tuesday 8-9:15pm (rehearsals begin Feb 13)

This year I would like to offer an Int/Adv Modern piece that will explore the concepts of time, memory, and passage. The idea of passage carries many meanings: it is the act or process of moving through something, it is an entrance and an exit, it is a rite that is performed. It also describes a physical place, a passageway. We will discuss and explore how these meanings and symbols are realized in our human experience. What is your passage? What purpose does passage serve in a life, or in a community? Do our collective passages connect us? I will offer stylized contemporary movement phrases that showcase athleticism, lyricism and beautiful flow, and subtle human gestures. We will also focus on the sharing and giving of weight, seamless transitions into and out of the floor, and improvised movement. I believe that to dance is to tell a story. I will craft the story and the emotional ambience of the piece into something that you can communicate in your performance. Realize your unique passage and story in this contemporary work.

Angelica DeLashamette***Int/Adv Contemporary**

Rehearsal Time: Wednesday 11:30am-1pm Studio Two

This Int/Adv level Contemporary performance piece is designed for dancers with a strong foundation in Contemporary/Modern dance technique, who may have some performance experience already. This piece will be for dancers who are looking to be challenged technically and artistically. This piece will require dancers to be collaborators and to contribute in a way that will bring genuine intention and authenticity to the piece. The style of the movement will take the body on a journey of exploring dynamic qualities, spirals, direction changes, floor work, and shape forming, and will challenge the body to extend and reach beyond its edges! The movement is very release and momentum styled!

Marlo Ariz***Advanced - Professional Contemporary**

Rehearsal Time: April 1, 8, 15, 22, 29 Sundays 11:45am-2:15pm Studio A

A bold look at the many sides of one's self. Through movement, costumes, and staging we will develop characters and examine their flaws, as well as their attributes. These studies will be exaggerated into a wild, under the big top, bizarre, and zestful human menagerie.

BALLET AND POINTE

Jennifer Carroll**All Levels Ballet**

Rehearsal Time: Friday 7:30-9:00pm Studio Three

This year we will be exploring Mendelssohn's delightful "Midsummer Night's Dream!" Drawing from Shakespeare's tale of the same name, there will be vignettes featuring characters of the human, fairy, insect and animal varieties. Come! Let your imagination and fantasy run wild with mine! Limited to 12 dancers who have been consistent in attending ballet classes at eXit Space for at least one session and continue to attend at least one technique class per week for the duration of the rehearsal time.

Jennifer Carroll**Beginning Pointe**

Rehearsal Time: Tuesdays 8:15-9:15 Studio Three

Music "If I Were Queen," by Shara Nova and "Suite Modal" by Ernest Bloch. This dance will be haunting, surreal vision of loveliness. Limited to 12 dancers who have been consistent in attending ballet classes at eXit Space for at least one session and continue to attend at least one technique class per week for the duration of the rehearsal time.

Annie DeVuono**All Levels Ballet**

Rehearsal Time: Saturday 12pm-1:30pm Studio Three

Annie welcomes dancers from all levels of experience - the only prerequisite is a willingness to work closely with others and take risks, a strong desire to perform in a group and a love of movement and music.

Annie DeVuono**Beginning-Int Pointe**

Rehearsal Time: Monday 8:15-9:15pm Studio Three

Promises to be fun and challenging. Be ready to work together to create a new piece!

JAZZ

Karen Baskett**Beginning/Intermediate Jazz**

Rehearsal Time: Wednesday 8:30-9:30pm Studio A

This year I'm creating a brand new work to Pat Benetar's epic anthem, "Heartbreaker". This dance will be based in classic jazz technique meaning lots of strong lines, traveling steps, kicks, jumps, and turns and it will be appropriate for a Beginning through Intermediate level dancer. Bring your 80's hair, sass, and confidence, this piece is gonna ROCK!!! ** NOTE ** I highly recommend that you plan to take my Wednesday night Beg/Int Jazz class from 7:00-8:30pm (before rehearsal) if you want to participate in this piece. It will warm you up, plus I'll be teaching the phrases we'll use in more detail. Have questions? Email karen@exitspacedance.com.

Karen Baskett**All Levels Broadway Jazz**

Rehearsal Time: Saturdays Feb 17, March 3, March 31 | 3:00-6:00pm Studio A

April 28 4:00-6:00pm

I'll be staging an excerpt from one of Bob Fosse's creations from the award-winning 1978 Broadway Hit *Dancin'* called *I Wanna Be a Dancin' Man*. Complete with suits, hats, and white gloves, this piece was Fosse's homage to the one and only Fred Astaire. His choreography is detailed, precise, and somewhat complex which makes this a fun and challenging piece to perform for all levels. Have questions? Email karen@exitspacedance.com.

Here is a link to the version from *Fosse the Musical* - <https://www.youtube.com/watch?v=Zm0bkywFONY>

Marlo Ariz

***Int-Advanced Jazz**

Rehearsal Time: Thursdays 7:30-9pm Studio Two

Throwback to the 80s for a tribute to modern day feminism. Janet Jackson style. If you are a NASTY woman who likes to be in CONTROL, and you want to live in a RHYTHM NATION, then join in this experience. A jazz dance to celebrate diversity, equality, and freedom. Bring your power pantsuit, a towel, and water bottle – it's gonna get real sweaty.

NEW! STUDENT CHOREOGRAPHY AND IMPROV WORKSHOP

Levi Hawkins

All Levels, All Genres

Rehearsal Time: Saturdays 10am-12pm Studio Two

What We Give Up to Move Forward: Motion with no sound. At all. Silent.

Is that even possible? Think about it in context. The human body is an incredibly complicated and intricate system of parts. Those parts often cause sounds in the most bizarre and unintentional ways. How can one move in silence when the body can be unpredictable as to when and why it makes sounds? In this work we will explore this concept through various improvisational exercises to cultivate the piece. We will be asked to vocalize our experiences in real time to deepen our understanding of ourselves and the world we participate in. Come play, explore, and discover!