Programme Dance Workshops *Bal Brut*

Monday 30 November at 17.30

Sensual Floorwork by **Izo**

In this workshop, we will explore different floorwork techniques, discovering how the floor can accompany us, support us and become a true dance partner. We will play with the sensuality of movement through caresses, undulations and shifts of weight, allowing the body to express itself in new and different ways.
We will also take time to explore what happens within us when we offer our dance to the gaze of others: our relationship with ourselves, with being watched, with exposure, and with the pleasure of being seen.

Tuesday 1 December at 17.30

Dabké by **Yazan Iwidat**

During this workshop, you will discover Dabke, an energetic traditional folk dance from the Middle East, particularly well known in Palestine. Dabke is a festive group dance that celebrates rhythm, connection and the joy of moving together. We dance in a line or a circle, following each other's movements and creating a sense of unity. Dabke is a symbol of togetherness, community and collective celebration.

Wednesday 2 December at 17.30

Couple Dance by **Paola Di Bella et Florian Vuille**

Paola Di Bella and Florian Vuille guide you through an exploration of couple dancing. Together, we explore travelling and moving as a pair. Through a point of contact that transfers kinetic energy from one body to the other, we share a common energy and recycle it endlessly, creating a dance that takes on countless forms. Ready to reinvent couple dancing with Paola and Florian?

Thursday 3 December at 17.30

WAACKING by **Anke Clinck**

Born from the underground queer and BIPOC communities (Black, Indigenous and People of Color), waacking is a dance style rooted in disco and funk culture, celebrating freedom, identity and self-expression.
Through expressive arm movements, sharp poses, musicality and attitude, waacking transforms music into movement and emotion.
Come discover the history, energy and spirit of waacking while embracing your own individuality.