



DANCE AS RADICAL SELF-CARE

Sunday, October 10, 2021, at 1 p.m.
USC Village Lawn
University of Southern California

KNOW BEFORE YOU GO

- USC faculty d. Sabela Grimes has been described by the *Los Angeles Times* as “the Los Angeles dance world’s best-kept secret” and “one of a mere handful of artists who make up the vanguard of hip-hop fusion.” Grimes will lead a hip hop movement workshop using Funkamental MediKinetics, a technique he created.
- USC faculty Bret Easterling will lead a workshop exploring the movement language Gaga, which emphasizes somatic awareness and improvisation.
- A performance by USC students and alumni will feature dancers Bella Allen, Alexis Augustine, Timmy Blankenship, Eugene Bois, Emily Carr, Valérie Chen, Nina Gumbs, Anne Kim, William Okajima, and Jordan Powell; musicians Hazel Thunes, Austen Mendoza, Dario Bizio, and Carter Boyle; and spoken word artist Mykael Cammorto.

FUNKAMENTAL MEDIKINETICS

“Funkamental MediKinetics continues to grow out of a series of questions. How do I create a movement system that helps people learn basic fundamentals of Black social dance? What does it mean to build and sustain community through movements and moving together? At the core it is really about community building and K.O.S. Knowledge of Self—sharing space with people and learning something about yourself. How can I continue to grow and expand individually and make myself available to the community as a means to grow and expand collectively? Funkamental MediKinetics is a two-sided coin: the Funkamental part is funk as a state of being—what does it mean to be funky?—but it is also a very practical methodology—What am I doing with the body?”

Black social dance is more than something you just consume and replicate or discard. What’s the deeper practice that each generation continues to reveal to us if we can see it? But how do we see and experience it? How do we teach feeling over counting for example? It’s a different endeavor and a different way of being, and most importantly how do we actively engage in this experience of it? As a facilitator and so-called dance teacher, it’s not all on me. You have to show up and be actively engaged in the process.”

—d. Sabela Grimes, in a 2019 interview by Marie Tollon for *ODC.dance.stories*



Batsheva Dance Company

GAGA

Gaga is a movement language and way of teaching movement developed by Ohad Naharin of Batsheva Dance Company. Intended for dancers as well as non-dancers, Gaga helps to increase awareness of physical sensations and connect people to emotions and pleasure in movement, while strengthening and invigorating the body.

BRET EASTERLING

USC faculty member Bret Easterling toured internationally with the acclaimed Batsheva Dance Company, was a formative member of Andrea Miller's Gallim Dance, and was a guest performer with Buglisi Dance Theatre. He has danced professionally since he was a child, with early credits including the music video for Fiona Apple's song "Paper Bag" and a duet with Angela Lansbury in *Mrs. Santa Claus*. He was a founding member of Teen Dance Company of the Bay Area, an original cast member of New York Stage Original's *Tap Kids*, and an annual performer in the *Radio City Christmas Spectacular*. He is a certified Ilan Lev Method practitioner, a rehearsal director for Gallim Dance, and the Artistic Director of *BEMOVING*. He has been teaching Gaga since 2011.

d. Sabela grimes

USC faculty member d. Sabela grimes is a choreographer, writer, composer, and educator whose performance work and pedagogical approach reveal a vested interest in the physical and meta-physical efficacies of Afro-Diasporic cultural practices. Grimes is a 2014 United States Artists Rockefeller Fellow and was a co-author and principal dancer in Rennie Harris Puremovement's award-winning *Rome & Jewels*. He created the movement system Funkamentals, which focuses on the methodical dance training and community building elements evident in Black vernacular and street dance forms.

BEHIND THE SCENES: HOW DID THIS EVENT COME TO BE?

Physical therapist Marisa Hentis and occupational therapists Kate Crowley and Kristy Payne worked with students from the USC Kaufman School of Dance who were taking courses for an occupational science minor to create a multi-disciplinary team exploring dance students' motor skills and life skills. After creating assessment tools, the team wanted to explore a creative outlet for their efforts, and this event was born.

FOR FURTHER REFLECTION

- ⦿ What was this movement experience like for you? How did it feel?
- ⦿ How did this type of dance or movement compare to or differ from other dance or movement practices you've tried?
- ⦿ What are some of the ideas behind Funkamental MediKinetics? Behind Gaga?
- ⦿ What do you think of the idea of dance as radical self-care? What does this mean to you?

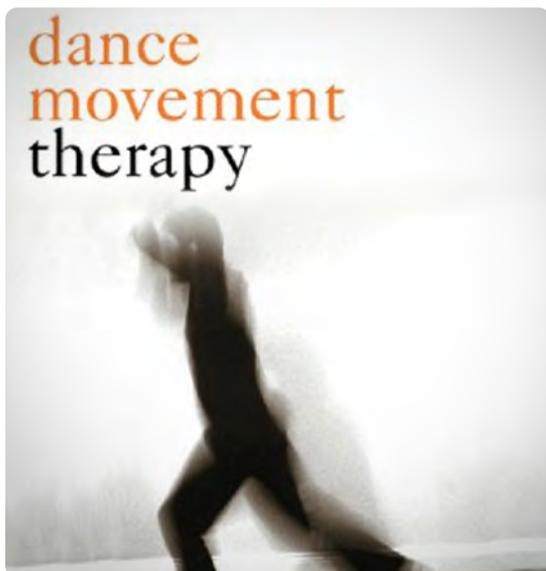
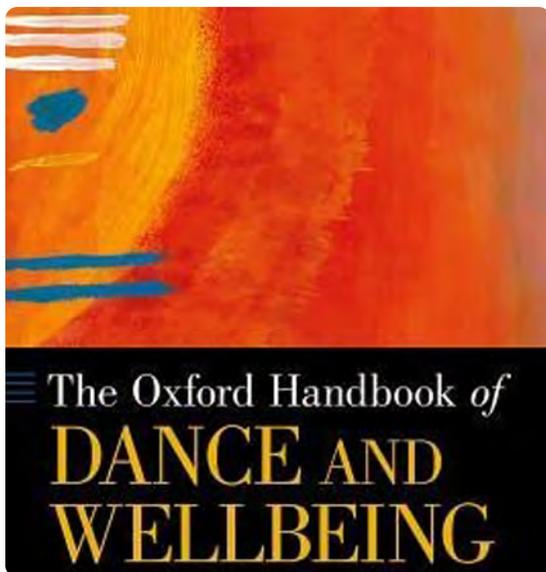
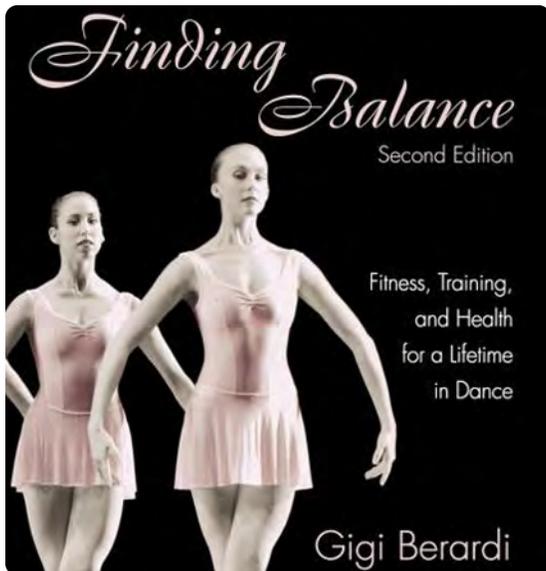
Photo: Cathryn Farnsworth



Bret Easterling



d. Sabela grimes



IF YOU LIKED THIS EVENT, YOU MIGHT WANT TO CHECK OUT:

- ◉ Doug Varone and Dancers, February 10–12, 2022
visionsandvoices.usc.edu
- ◉ Classes and performances at the USC Kaufman School of Dance
kaufman.usc.edu
- ◉ Courses within the USC Occupational Sciences Minor Program
chan.usc.edu/academics/minor-in-os
- ◉ Gaga
gagapeople.com
- ◉ Gaga Classes in L.A., taught by Bret Easterling
gagapeople.com/en/gaga-people-in-la
- ◉ Radical Movement Dance Class (online) organized by The Body Is Not an Apology
Find more info and Zoom link via [@thebodyisnotanapology](https://www.instagram.com/thebodyisnotanapology) on Instagram
- ◉ Pony Sweat – “a fiercely noncompetitive dance aerobics celebration dedicated to the liberation of all bodies”
ponysweataerobics.com
- ◉ Everybody Los Angeles
everybodylosangeles.com

DISCOVER MORE AT THE USC LIBRARIES

Javier Garibay of the USC Libraries selected the following resources to help you learn more about this event. Electronic resources are accessible through the search bar on the USC Libraries homepage at libraries.usc.edu but may require the user to log in using their USC credentials.

BOOKS

Gigi Berardi, *Finding Balance: Fitness, Training, and Health for a Lifetime in Dance* (New York: Routledge, 2005).

Vicky Karkou, Sue Oliver, and Sophia Lycouris, *The Oxford Handbook of Dance and Wellbeing* (Oxford: Oxford Univ. Press, 2017).

Helen Payne, *Dance Movement Therapy: Theory, Research and Practice* (Florence: Routledge, 2006).

DATABASES

Dance Heritage Video Archive is a collection of more than 1,200 digitized videos of dance performances that preserve culturally significant global and US dance traditions.

Dance Online: Dance Studies Collection is a collection of curated primary and secondary full-text materials to support informed performance, pedagogy, and scholarship in dance. The database contextualizes dance history through 150,000 pages of exclusive photographs, correspondence, magazines, dance notation, and reference material.

JOURNALS

Dance Magazine focuses on the dance community and offers feature articles, interviews, and performance reviews.

Dance Research Journal provides an international forum for the presentation and discussion of contemporary dance research. It includes articles with critical perspectives on dance and well-being.