



## Program

Dance,  
Create &  
Collaborate



## Workshops & Classes:

### Contemporary Modern Technique & Creativity

Extending your  
perspective and  
awareness on your  
dance training

### Theory & Exploration

Where to place yourself  
as a dancer,  
choreographer or  
teacher and to look for  
new challenges

### Creation & Collaboration

Guidance through the  
choreographic process



Sanne Clifford is a  
choreographer, teacher,  
coach and artistic  
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Master in  
Choreography  
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## Go beyond 'what', get into 'why' & 'how'

My view on dance and choreographic training is an holistic approach of body and mind, working with encouragement to the full potential of an individual and/or group. This can be related to possibilities and awareness of the body, keeping in mind that every body is different. For the creative mind this is similar: to be or to become a dancer, teacher or choreographer is to be or to become an artist. Creativity is part of daily life and can constantly be trained, explored and accessed in various ways.

This on-going development grows on an individual level and within collaborations. Therefore my teaching and coaching is focused on three elements:

- contemporary dance technique (release),
- perspectives on interacting with someone's own creativity, and
- collaboration in the creative process.

With this in mind I developed a curriculum that may fit in your program. The flyers present a summary of classes for both professional dance artists and for students. You can find more information on my work and choreographies on my website.

Sanne Clifford



## Contemporary Modern Technique & Creativity



### Experience these dancers' roles:

#### 1. Instrument

Receive and process instructions: learning phrases and techniques

#### 2. Interpreter

Instrument plus use of experience as performer

#### 3. Contributor

Respond to tasks, contribute to guided discovery; i.e. use of closed-ended tasks

#### 4. Creator

Respond to (open-ended) tasks, problem solving, contribution and active participation

#### 5. Co-owner

Fully contribute to concept/content/ process: i.e. create tasks and outcome. Coaching and (physically and verbally) responding towards each other as equals/peers.



## Aim

To train the body together with the creative mind, experiencing different perspectives and roles as a participator in the class, while becoming more aware of your habits and to meet new challenges

## Extend your perspective and awareness on your dance training

The dancer will train body and creativity, while experiencing different roles and perspectives. The classes have the following elements:

- Floor work (release technique).
- Ups & downs (ways of moving from and towards the floor with flow).
- Action & reaction in and through the body.
- Choreographic input (phrases and repertoire).
- Exploration & creativity (from a choreographic input).

*Connecting the dancers creativity to existing movement material in a playful manner, create through tasks and guidance, open and build this up to come to an interactive and contributing moment/environment.*

Theoretical background: Didactic-Democratic spectrum model by Jo Butterworth (Contemporary Choreography, 2009) about the choreographer-dancer relationship, transformed towards the teacher-dancer relationship.

- Suitable as daily or weekly training class
- Recommended time per class: 1.5 to 2 hours



## Theory & Exploration



### Class elements:

- Roles and perspectives of the choreographer-dancer
- Roles and perspectives of the teacher-dancer roles and perspectives
- Tasks and effects: how to formulate
- Tasks and effects: how to respond
- Response and effects: how to respond
- Explore and create structures
- Establish habits and solid ground, and areas to explore as new challenges in dance and creation



## Aim

To make a connection between the practical experience and existing theory, to take new personal steps by questioning:

- Who am I, where do I place myself within these roles and perspectives?
- How do I respond, how do I tend to create, where is my new territory?

## Who am I? What are my roles? What are my perspectives?

The dancers receive a theoretical explanation on 5 perspectives and roles. Using this as a base, we write and draw, improvise and move to stretch borders in a playful manner.

While asking each other and ourselves questions, we look for answers in different perspectives. We explore the effects of different formulations within the same task and how to continue with the outcome. The participants will become more aware of their first choices, habits and where opportunities are to develop further.

- The sessions can be followed as: an addition to the class 'Contemporary Modern Technique & Creativity' a separate (set of) workshop(s)
- Recommended time per session: 2 to 2.5 hours



## Creation & Collaboration



### Class elements:

- Stages within a choreographic process from concept to finalization
- Relationship between and roles of choreographer and dancer
- Collaboration within and beyond the discipline of dance
- Introduction to the role of a dramaturge and the dramaturge in you
- How to ask and receive feedback



## Aim

To get more awareness of the relationship between choreographer and dancers in the creative choreographic process, and to be able to access the different role types within

## Do you want to know about connections in a creative team?

The collaborative choreographic process is the main focus in this class. It covers both theory and practice; participants explore tasks as a group and are guided individually per process/team or per person.

The classes can be used as a starting point of a creative choreographic process, as guidance during a full creation process and/or to practice collaborative creating without the pressure of a performance deadline. It helps to become more aware of habits and challenges while creating with support of a theoretical background.

The sessions can be followed in combination with the Theory & Exploration classes or as (a set of) separate classes/workshops.

### Recommended time per session:

- daily: 1 to 2 hours – divided into group classes and individual sessions
- weekly: 3 to 4 hours – one group class and separate individual sessions



## Biography



### Education:

#### Master in Choreography

Fontys School of Performing Arts  
Tilburg  
The Netherlands  
2013

#### Master in Education in Arts

Codarts School of Performing Arts  
Rotterdam  
The Netherlands  
2008

#### Bachelor in Dance Education

AHK Amsterdam School of Arts  
Amsterdam  
The Netherlands  
2006



Sanne Clifford is a choreographer, teacher, coach and artistic researcher based in Amsterdam, the Netherlands

## Sanne Clifford

Sanne's work is focused on Contemporary dance and choreography. Since 2012 she is co-founder, co-director and house-choreographer of New Dance Company, a platform that takes initiatives to help young choreographers and dancers in their artistic development.

Sanne has been teaching dance, choreography & balance/conditioning classes and workshops since 2006, among others at: Selma Susanna School of Performing Arts, Chassé Dance Studios, Buitenkunst, Frank Sanders' Musical Academy (Amsterdam, NL), 2nd IDOCDE Symposium - Impuls Tanz (Vienna, AT) and The Link - Centre for Dance & Health (Bern area, CH).

As an artistic researcher Sanne is interested in the collaborative choreographic process, the choreographer-dancer's relationship, the teacher-dancer's relationship and their perspectives and awareness on creativity within a class or process.