

# Laurel Victoria Gray WORKSHOP SCHEDULE

Don't miss the Laurel Gray week!  
Please pass this on to any interested students.  
See Early-Bird-Discount below.

## Dr. Laurel Victoria Gray

*Artistic Director, Silk Road Dance Company and Adjunct Professor, "Dances of the Islamic World"*

An award-winning dancer, scholar, educator, and choreographer, Laurel Victoria Gray is "the pioneer of Uzbek dance in America." Her efforts to preserve and present traditional Central Asian and Persian dance make her a true cultural diplomat. She is an enthusiastic public speaker, funny, witty and a delight to study with. Please take advantage of this important opportunity to enrich your dance. Her teaching schedule and troupe activities keep her in perpetual motion. The last time she was in Seattle was about 1991. See full bio [www.laurelvictoriagray.com](http://www.laurelvictoriagray.com)

## Seattle Dance Workshop

August 12-20th, 2008

At VDP Studios, 4128 Fremont Ave N, Seattle WA 98103

(206) 632-2353 [www.visionarydancedance.com](http://www.visionarydancedance.com)

### ARRIVE ON TUESDAY AUGUST 12th

**7:15-10:00pm** *Welcome Party at Delilah's (pot Luck)*

*All dancers invited*

4115 Fremont Ave North Sea Wa 98103

**DAY ONE: WED AUG 13th** Combined Evening Workshop \$65 @ door,  
\$55 with 3-day advance pay.

### **6:30-7:30pm** *Shimmy Etude*

Several different styles of shimmies are built into this energetic four minute piece that will also give you a great workout. Useful for professionals as well as students, this choreography is a real crowd pleaser.

### **7:30-9:30pm** *Hand Dance: Cry of the Heart*

Often imitated, this original workshop and choreography was created in 1997 by Laurel Victoria Gray. It focuses almost entirely on movements of the hands and arms. Drawing from gestures used in women's dances from many cultures of the Middle East, North Africa, Central Asia and India, this emotionally compelling piece has been taught by Ms. Gray to dancers in both the United States and Europe. People's Artist of Uzbekistan Qizlarhon Dustmukahamedova called it "the most powerful dance in the repertoire of the Silk Road Dance Company." Choreography, entitled "Cry of the Heart," is set to music by Steven Flynn.



**DAY TWO: THUR AUG 14th** Individual Workshop \$40 @ door,  
\$30 with 3-day advance pay.

### **7:30-9:30pm** *Vampyre Tango*

Sensuous and sinister, the Vampyre Tango is a theatrical work ideal for the Undead. Combining elements from Middle Eastern dance with Tango steps, Laurel Victoria Gray created the unusual Vampyre Tango for a 2002 concert where it became an instant hit. (Character shoes suggested.)

**DAY THREE: FRI AUG 15th** Individual Workshops \$65 each @ door,  
\$55 with 3-day advance pay.

### **10:00am-1:00pm** *Russian Roma ("Gypsy") Dance*

The Roma ("Gypsy") people were popular entertainers in Imperial Russia. Their distinctive dance style features pyrotechnic turns and spins, exuberant shoulder shimmies, and an expressive demeanor. Full skirts and shawls are also used at times in the dance. Participants will learn a choreography. History and costuming will also be covered.

*Laurel Victoria Gray studied Russian Rom ("Gypsy") dance in the former Soviet Union. She has shared her knowledge of this genre in workshops throughout Europe, Australia, and the United States.*

**CLASSROOM ATTIRE:** For the Russian Roma ("Gypsy") class, a full skirt worn at the waist is recommended. Students should also bring a large fringed shawl or veil to class. A long sturdy cane or broomstick is needed for the technique portion of the class.

### **6:30-9:30pm** *Bollywood Dance*

Since 2003, Laurel Victoria Gray has choreographed six "Bollywood" dance pieces. The first premiered with a cast of nearly 75 dancers. Bollywood Dance pays homage to the fun and fabulous dances in

decades of Indian movies. Students will learn Mahi Ve, a song for wedding celebration.

[http://dcist.com/2008/05/02/hurray\\_for\\_boll.php#more](http://dcist.com/2008/05/02/hurray_for_boll.php#more)

**DAY FOUR: SAT AUG 16th** Afternoon Workshop \$130 @ door, \$120 with 3-day advance pay. Light lunch snacks included.

**10:00am-12:00noon Break**

**1:00-4:00pm Persian Dance**

Experience one of the East's most enchanting dance forms! Persian dance emphasizes lyrical hand gestures, flirtatious facial expressions, playful shoulder isolations, subtle hip movements, and dazzling spins. While it shares some elements with Raqs Sharqi (belly dance), Persian dance has distinct historical, ethnic, and regional forms. Students will learn the "Classical Persian Positions" developed by the instructor, and a complete choreography. Costuming and historical will also be discussed.

**DAY FIVE: SUN AUG 17th** Afternoon Workshop \$130 @ door, \$120 with 3-day advance pay. Light lunch snacks included.

**10:00am-12:00noon Break**

**1:00-4:00pm Central Asian Dance**

Central Asian dance is characterized by intricate arm and hand movements, a variety of spins and turns, backbends, shoulder isolations and animated facial expressions. Often portions of the dance are performed while kneeling on the floor. Footwork is relatively simple; high leaps and pelvic isolations are absent from the dance. Workshop will introduce basic traveling steps, arm and hand movements, as well as spins common to a variety of styles. Students will also learn a complete choreography. History, costuming and regional styles will be discussed.

**DAY SIX: MON AUG 18th** Individual Workshop \$45 @ door, \$35 with 3-day advance pay. Students receive \$5 discount on music CD used for this dance.

**6:30-8:30pm Drum Solo**

Set to Erick's drum solo in the first House of Tarab CD, this choreography is sexy and playful. Ideal as a quartet, it can also work for an individual dancer or a troupe.

**DAY SEVEN: TUE AUG 19th** Individual Workshop \$45 @ door, \$35 with 3-day advance pay.

**7:45-9:45pm Spanish-Arabic Fusion Dance**

Ever since the 8th century invasion of Spain, Arab and Spanish cultures have comeled. Catherine Spotswood, an ancestor of Laurel Victoria Gray, lived in Tangier, Morocco, in the 17th century, giving birth to her son, Alexander Spotswood in 1676. (Alexander later became a colonial governor of Virginia.) Perhaps this legacy has inspired Laurel to create several Spanish-Arabic fusion pieces -- on of which she will teach to students. Bring a wide, full skirt!

**FINAL NIGHT: WED AUG 20th Party with House of Tarab**

Join us for a celebratory night with House of Tarab and possibly a Persian music ensemble.

**Optional Class: Veil Dance Choreography**

(would need 2 or 3 hours)

While dancing with the veil is not traditional in Arab culture, it has become an important component in contemporary Raqs Sharqi (belly dance). Laurel has created several haunting veil dances and will teach one of her latest creations to music by Souad Masi, which requires deft veil manipulation for some memorable images.



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[www.laurelvictoriagray.com](http://www.laurelvictoriagray.com)  
[www.silkroaddance.com](http://www.silkroaddance.com)  
[www.uzbekdance.org](http://www.uzbekdance.org)  
[www.egypta.com](http://www.egypta.com)

Sign up 2 weeks in advance of the workshops (by July 30th) and **SAVE 10%** Reference code #EBD-LGW

We really appreciate early sign ups because it helps us meet expenses and plan the workshop better. We advise signing up in further in advance because all classes are limited in size.

If we have a class that has extreme interest we may seek space out side of VDP Studios but we have to know that in advance so please send your registration in as early as possible. You can cancel with out penalty up to 48 hours before the workshop

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