

ORBIT PARTNERING

11 - 12 feb 2025

Orbit Partnering Dance practice. is an ongoing practice, where dancers work with a wide range of physical mental abilities, moving and dancing with other people.

Lito and Knut dynamically conduct the group through the class setting, practicing primarily two by two, but always keeping in mind the individual as part of the collective. You will regularly exchange dancing partners, which encourages new confrontations with oneself, the group and the principles we're exploring.

In pairs or larger constellations, you will focus on various aspects of weight sharing, space sharing, leading/following/listening, direct physical manipulations and the importance of footwork and floor connection for balance and availability. You will run, fall and lift each other through the curved space.

Lito and Knut insist on practicing specific approaches and techniques/mechanics, in order to achieve more freedom and possibilities in the improvisations, where the dances happen.

A workshop in collaboration with Danscentrum Syd.

Lito Anastasopoulou is a freelance dancer: stage performer, choreographer, teacher of contemporary dance and improvisation.
Her main focus is performance, creation, choreography, training, as well as sharing her passion for dance by giving contemporary dance workshops for adults (partnering practice together with Knut Vikström Precht) and kids.

Knut Vikström Precht is a dancer and performer currently based in Berlin. Born, raised and educated in Sweden,
he has worked and performed all over Europe and toured on four continents.

Ansök på https://dansalliansen.se/w/381

Ledare	**Lito Anastasopoulou and Knut Vikström Precht**
Startdatum	2025-02-11
Slutdatum	2025-02-12
Tider	11,00-16,00 (tisdag-torsdag)
Antal dagar	2 dagar
Sista ansökningsdag	2025-02-04
Plats	Danscentrum Syd
Adress	Bergsgatan 29