What is Creative Dance?
Perhaps the best way to start to answer this question is to say what creative dance is not. It is not routines or steps or mimicking movement. This does not mean that there is not a technique or a very carefully thought out pedagogy involved.

Creative dance is conceptually based. The concepts of dance are Body: parts, shapes, relationships, balance, Energy: energy, weight, flow, Space: place, size, level, direction, pathway, focus, and Time: speed, rhythm, duration. (BEST) In class we explore the concept, develop skills and create using those skills. We engage in creative problem-solving. In mastering the concepts, children become masters of their own bodies.

Creative dance teaches children how to think and how to make choices. They learn a vocabulary that not only relates to dance but to science, math, language, history, the other art forms, human relations - in short - a vocabulary that relates to life. A child with a background in creative dance can later study modern dance, ballet or jazz with ease. But he will also have a thorough understanding of subtlety and nuance, improvisational and choreographic structures and techniques as well as a sense of movement through time and space in a way that students taught in a traditional dance class cannot.

All children love to dance. Any child can benefit from creative dance. They learn to dance from the brain and from the heart. This act of moving with attention and intention becomes Art.