



OKANOGAN REGION ARTS EDUCATION PARTNERSHIP

ARTIST PROFILE

Deirdre Luvon
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**Dance: Creative Movement,
Modern Technique,
West African Dance**
All Districts

Preferred Age/ Grade Level: grades k-12 (1-3 Creative Movement, 4-12 African Dance & Percussion)

Residency Offered:

Creative, Exploratory Movement: This study offers children a chance to discover new ways to explore within and use their body to express themselves, as well as a chance to perform. The dance I share includes elements of modern technique, creative exploration, traditional West African Dance, yoga, and meditation. Choreography can be created, along with simple costuming, using compositional exercises presented by the artist. The music will be cross-cultural world music supplied either by a live percussionist or from recordings. Subjects for the creative movement pieces can easily incorporate curricular topics, and children will see them 'come to life' through dance.

Traditional West African dance and rhythm: History of the origination of steps in traditional dances from West Africa will accompany a study of the movements. The distinction between different parts of a rhythm that are used to make up the whole will be explored in the study of percussion. A group could be divided into dancers and percussionist, or the whole class could learn both aspects. The integral connection between the dance steps and the rhythms will be experienced.

Supplies, Equipment, Space, and Time Considerations: Fabric for simple costumes may be used. A large empty space is needed for preparation and performance. Ideally, we would work 1-2 days a week for one hour for several (3-5) weeks, then hold a performance. Working with a live percussionist would greatly enhance this residency.

Teaching Experience:

2007-present Teacher of Modern Dance and Creative Movement at various locations in Methow Valley
2001-present Teacher of West African Dance in Twisp, on Vashon Island, and throughout Northwest
2004 Artist In Residence: Methow Valley Elementary Kindergarten – Dance
2005 Artist In Residence: Methow Valley Elementary 4th Grade – West African Dance
2001-2003 Teacher of West African Dance on Vashon and throughout the Northwest
2000-2002 Teacher of Creative Movement at Mother's Place in Seattle, and at Vitality Studio in Seattle.

Artist's Statement:

"If you can talk, you can sing. If you can walk, you can dance."
--West African Proverb

All day long we move in a thousand different way: we walk, we talk, we drive, we eat, we laugh, we shop, we sit. Yet how often are these movements conscious, and how does it change them to bring consciousness to our movements? Though our lives are an endless portrait of movement, it is not so often that we focus on this element and come to know it deeper. To know it deeper has been my inspiration to dance, and to share it with others.

I am excited to help people get active, to connect with themselves, and to connect with each other through movement.