



**DANCERS UNLIMITED**  
NYC & HAWAII

# Community Engagement

**Creating Authentic MoveMEANT Narratives  
for Community Advancement**

**Community-centered  
programs for  
JUSTICE, EQUITY &  
INCLUSION**



# Available Programs

## ALL LEVELS / AGES

Class series

Workshops

Freestyle Cyphers

Panel Discussions



## INT/ADV DANCERS

Repertoire Classes

Technique Classes

Choreography Lab

**All programs are available  
in-person and virtually.**

Dancers Unlimited is a 501(c)3 tax-exempt nonprofit organization. EIN: 85-1497399

# Classes / Workshops

Customization available



## Repertoire - int/adv level dancers (suggested)

The goal of our repertoire workshops are to share our creative process of storytelling through a fusion of dance styles, and to challenge experienced dancers to expand movement vocabulary. Led by a company member, each class starts with a DU company warm up based in Modern, House, Hip Hop and Yoga techniques. The classes then scaffold with across the floor exercises, and partner work that introduces the techniques used in company repertoire choreography.

Current repertoire classes available include:

Edible Tales

3017

Club Heads

HERstory

I'mMigration

Original Paths

ReasonsLegacy (combines Swing, Jazz and House)

## Residencies

All of our classes can be customized for both in-school and out-of-school residencies over a period of time. Students are led through our creative process, and learn a full repertoire piece of their choice customizable for universities and K through 12.



## [Technique Classes \(Non-Repertoire\)](#)

These classes focus on the building blocks and foundations for each specific dance style we use in our DU movement vocabulary.

**Contemporary:** we define Contemporary as a fusion of dance styles- isolation, waving, footwork, and floor work are often combined with Modern and Ballet movement to create an exciting blend of techniques.

**Improvisation:** Class is led through Brain Dance designed by Anne Green Gilbert, then scaffolded to include contact improv and partner improv.

**House:** A fun social dance set to Deep House tunes. Vocabulary includes footwork, Jacking and Lifting. Classes start with across the floor, then students are paired up to experience House as a social dance. The class ends with a freestyle cypher.

**Hip Hop:** Hip Hop foundations are introduced in warm up - popping, waving, uprock, party dances, locking, and even Flexin'. Students are then taught a choreographed routine, and class ends in a freestyle cypher.

## [View Sample Lesson Plan](#)



## MoveMEANT Programs

MoveMEANT programs are based on the idea that dance is an integral part of individual and cultural identities. To dance is to be resilient, free, and empowered. Some of the goals for this programming include:

- 1) facilitating community dialogues around social justice and cultural values
- 2) exploring important ideas by creating authentic moveMEANT narratives that originate from the self
- 3) creating powerful moveMEANT purpose and momentum for social change.

These programs feature travel opportunities for both dancers and non-dancers alike.

### MoveMeant Workshops

Our community workshops include everything from dance to panel discussions. The goal is to use movement to bring communities together to explore socially & culturally important conversations such as immigration, social justice, and equity.





## MoveMeant Destination

An intimate, indigenous-centered travel program that combines dance classes & choreography lab / performance opportunities with spiritual healing sessions, cultural immersion and excursions. **The goal is to explore socially and culturally important topics through dance, decolonize artistic practices, and promote realignment with works that center healing, justice and restoration.** Destination locations vary annually.

In February 2020, MD traveled to Oahu, Hawaii, where an intimate group of 14 people spent 5 days immersed in Hawaii cultural and healing sessions in the mornings. Participants then embodied their morning explorations into movement at evening choreography lab sessions and dance technique classes. Dance is healing and is an integral part of cultural identity and resilience. As individual artists, we have so much to learn from indigenous practices!



## SAMPLE DAILY ITINERARY

9:30am-12:30pm Hawaiian Culture & Hula Lesson\* with Kumu Auli'i Aweau  
12:30pm-1:30pm Lunch  
1:30-4:00pm Guided Excursions or Community Events  
4:00pm-6:00pm Free Time  
7:00pm-9:00pm Choreography Lab

# Edible Tales

Edible Tales is a dance documentary film combining the power of community engagement and interviews, BIPOC and intergenerational dialogues, with the universal language of dance. The documentary explores cultural heritage, social justice and sustainability through food and dance. The program aims to provide a nurturing space for collective healing and individual awakening.

## Topics include, but not limited to:

- Personal Food Memories
- Kalo (Taro) & Ohana
- Ancestral food & altar building
- Rice, corn and grains
- Food sovereignty & food apartheid
- Food Cultivation & land restoration

## Edible Tales is supported by:

- Lower Manhattan Cultural Council
- Downtown Brooklyn Rehearsal Residency
- Brooklyn Grange Rooftop Farm
- Hawaii Council For The Humanities
- Waiwai Collective
- Ola Loa Organics

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We are currently looking for sponsors and collaborators to support our efforts in story-sharing, recipes exchange, digital media production, artist fees, space rental, and marketing / PR.





## MoveMEANT: Social Justice



Vision: Decolonizing systemic and internalized racism through un-separation and re-indigenization.

3 Cohorts:

Symbolism of Water

Talk Story: Cultural Heritage and Current Events

Borders & Separation

Each cohort will meet once a week for 4 weeks (duration adjustable). Participants can choose up to two cohorts. Participants are expected to actively participate in virtual discussion boards on Facebook throughout the week. Collaborative performance videos will be created to share with our audience at the culminating panel discussion & presentation.

Non-Dancers and Dancers are both welcome.

## National Dance Week Hawaii



Dancers Unlimited spearheaded National Dance Week Hawaii (NDWHI) 2010-2015.

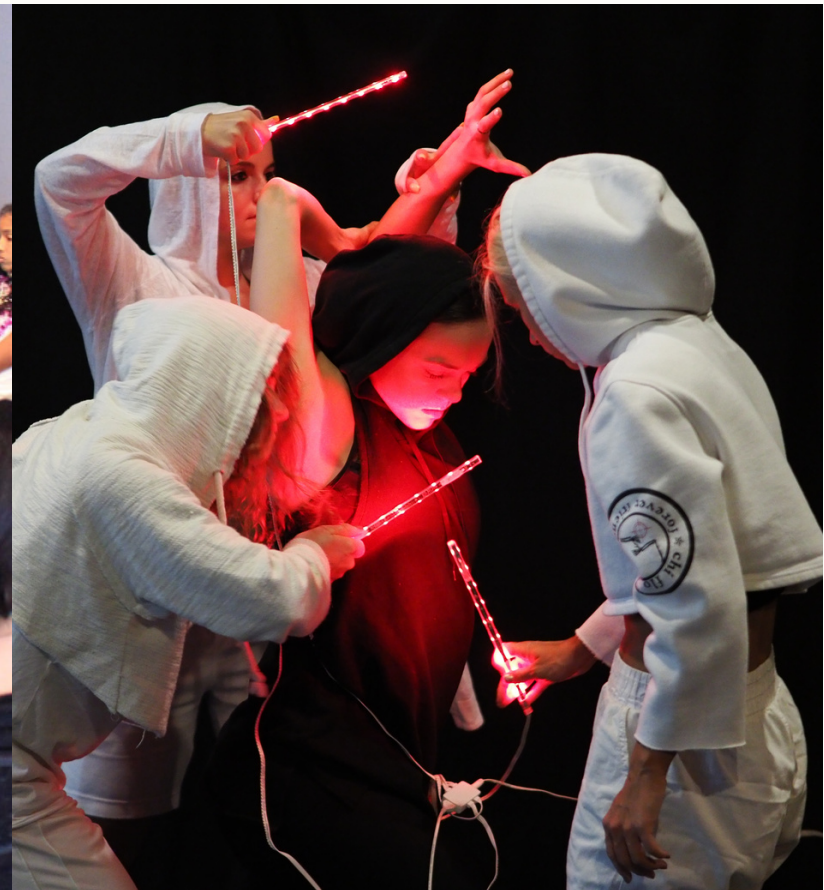
The weeklong festival brought together Hawaii's dance community to celebrate its diversity and excellence. In 2012, Honolulu Mayor Peter Carlisle proclaimed April 23rd-30th to be National Dance Week Hawaii / Hawaii Dance Week. The festival is currently on pause.



## Open Rehearsals

We provide training opportunities for dancers, as well as a space to exchange across different dance styles. Most of our current company dancers were recruited from open rehearsals! The purpose of this programming is to create a community of dancers who are passionate and supportive of each other's personal and professional success. All in-studio sessions are free.

**Locations-** Mark Morris Dance Center (NY), Downtown Brooklyn Rehearsal Residency, Brooklyn Grange Rooftop Farm, and the Arts Center at Lower Manhattan Cultural Council on Governors Island. Hawaii: Waiwai Collective.



[Visit our DU Membership page](#)



## DU Membership

We now have virtual programming on our BRAND NEW DU App on Mighty Networks!

The best way to connect with Dancers Unlimited while supporting our work is to become a member! Become a member for only \$10 a month, and receive the following membership perks:

- Exclusive video content on our brand new mobile app!
  - Members-only events
  - Free gifts from our store & sponsors
  - Merchandise discount at our SHOP
- And more!





## Contact

*Thank  
you!*

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