



Movement Residencies & Workshops with Scott Stafford





Offerings

- **Topics in Dance Residency**

- **Length:** 3-5 days
- **Who:** Offered in-school, in partnership with a course in the humanities / arts
- **What:** A focus on familiarizing students with dance as both a physical technique and a culturally significant artform.

Structured to include a warm up, exercises in contemporary dance technique, fundamentals of dance composition, viewing excerpts of dance works, guided class discussions, and at home writing assignments. These discussions encourage students to engage with dance as informed audience members (how does one watch dance? What does it mean?), and how dance can carry social, community, and cultural significance.

- **Contemporary Dance Workshops**

- **Length:** Workshops can be booked as individual masterclasses, or as a series.
- **Who:** Can be offered in-school in partnership with a gym, dance, or fitness class - or as after school offerings.
- **What:** Students will be immersed into the dance style of contemporary dance – with an emphasis on body awareness, musicality, movement generation, story telling through choreography, and self-expression. Exercises will be conducted at the individual, small group, and class level – to facilitate a sense of group community, as well as individual artistic agency.



Offerings

• Dance Repertory

- **Length:** A minimum of 5 sessions
- **Who:** In partnership with an existing group of dance students - such as an in-school dance class, dance organization, etc.
- **What:** Students will either:
 - A: Learn choreography from an existing piece of contemporary dance repertory, set by the teaching artist.
 - B: Work with the teaching artist to devise an original piece of contemporary choreography, unique to the student group.
- This offering is appropriate for a group of students who are interested in performing a work of choreography on the stage. Students will learn skills in dance composition, rehearsal strategies, and performance techniques - to maximize their individual and collective artistic talents. Offerings are flexible to support the best interests of the student group.



Objectives and Details

1. Develop student's artistry through exercises that connect dance fundamentals with individual expression.
2. Break down components of body, action, space, time and energy to de-mystify concepts of dance composition, improvisation, and movement exploration.
3. Encourage students to approach movement concepts with a sense of curiosity.
4. Build student's confidence and agency as dancers – with an emphasis that all bodies are dancing bodies.
5. Establish a sense of joy and freedom with kinesthetic exploration.

All residencies are modifiable to support the best interest of the unique student group.

Teaching artist rate: \$100 / hr.



About The Teaching Artist

“Scott Stafford’s choreography pursued expression with luminous flow and pristine technique.” - Review of “Honey” at Red Eye Theater.

Minneapolis Star Tribune - July, 2022.

Scott Stafford is a dancer, teaching artist, and movement director. He believes that expression is vital – accessible to every individual, and necessary to every lifestyle.

Scott has worked as a teaching artist around The United States, having been in residence with over 100 k-12 institutions - with 10 years of experience behind him. Through Stuart Pimsler Dance & Theater, The Cowles Center for Dance, and independent efforts, his outreach has spanned dance technique and repertory, dance history, story telling through movement with senior populations, caring for the caregiver workshops with doctors, nurses, and hospice staff, and k-12 residencies focused on movement fundamentals, dance creation, and developing skills in artistic agency. Additional populations have included juvenile rehabilitation facilities, homeless shelters, veteran communities, and dance departments at St. Olaf College, Michigan State University, Weber State University, Virginia Tech University, Shenandoah University, St. Paul Conservatory For Performing Artists, South High School (Minneapolis, MN), The University of Minnesota and Mankato State University.

He has been a guest teaching artist at institutions including The Minneapolis Institute of Art, The Cowles Center For Dance, and Tapestry Dance.



About The Teaching Artist

He is currently a teaching artist in Minneapolis, where he leads movement residencies in k-12 focused on artistic agency through dance, choreography and technique with high school students, and dance in culture with undergraduate students - holding a Minnesota Teaching Licensure in Dance. In addition to teaching efforts, Scott works as a contract performer and choreographer – with his most recent evening length work, “Honey”, debuting at The Walker Art Center in Minneapolis, MN in July of 2021, and performed again at The Red Eye Theater in Minneapolis, MN in July, 2022.

Scott was born in Windsor, Ontario, and grew up in Metro Detroit – having earned his BA in Dance and Communication Studies at Michigan State University. He has a passion for nature, travel, curiosity, and of course, wherever people are dancing.

