

**Pre-Event Guide:
da:ns focus – EveryBody
EveryBody Dance Now
(Accessible Sessions)**

21 Apr 2024, Sun

3.30pm – 4pm: Hip Hop by Redeafinition:

4.30pm – 5pm: Rhythm & Groove by Danz
People & Down Syndrome Association

(30 minutes, no intermission)

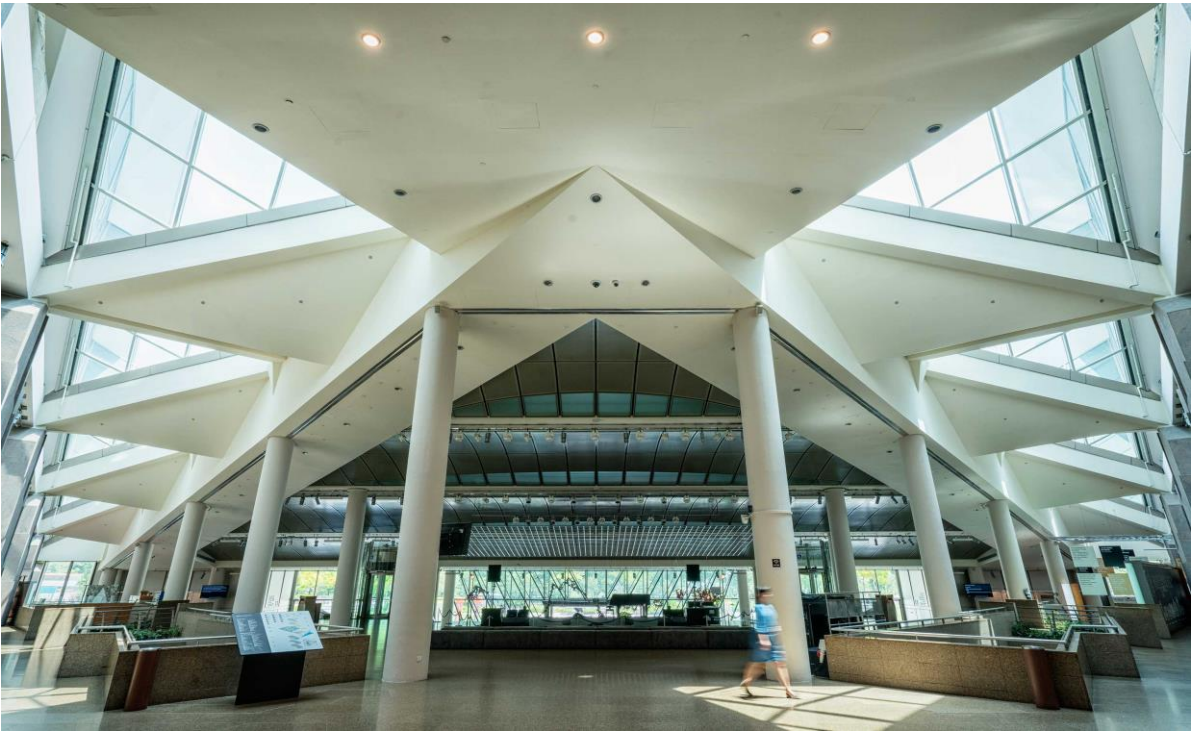
Esplanade Concourse

da:ns focus – EveryBody



- *da:ns focus – EveryBody* is a weekend of dance performances, dance-alongs, and dance workshops that celebrate inclusivity, diversity and participation.
- This includes people with and without disabilities who show us that dance can be enjoyed by everybody.

Esplanade Concourse



- This is the Esplanade Concourse.
- There is a stage and an open area where I can dance.
- The area in front of the stage will be a fun dance-along space for all of us!

Information on the Accessible Sessions

EveryBody Dance Now (Accessible Sessions)



- There will be two 30 minute dance-along sessions.
- I can learn Hip-Hop at 3.30pm – 4pm and Rhythm & Groove at 4.30pm – 5pm.
- These sessions are free and for everyone.
- I can join in even if I have not danced before.

Access features for EveryBody Dance Now (Accessible Sessions)

These sessions are for everyone.



- This includes people who may need to use a wheelchair. They can dance and move beside me too.



- There will be a person on stage who will use sign language. This is for people who are deaf or hard-of-hearing so that they can understand what is going on. They can dance and move beside me too.

Access features for EveryBody Dance Now (Accessible Sessions)

- If I want to move or dance during the session, that is alright.
- If I need to use the washroom during the session, that is alright. An adult or an usher can show me the way to the washroom located nearby. After using the washroom, I can ask an adult or an usher to show me back to the space.

What to expect at the Accessible Sessions

EveryBody Dance Now (Accessible Sessions)



- Each session starts with the dance teachers performing on stage.
- They will perform for five minutes and show me what Hip Hop or Rhythm & Groove looks like!
- When they are performing, I may sit down on the floor and enjoy their performance.
- I may also clap along to the beat of the music.

EveryBody Dance Now (Accessible Sessions)



- After the five-minute performance, it will be my turn to try out the moves!
- I can choose to stand up and learn.
- I should look left and right to make sure I have space to move around.
- I will check that I am not standing too close to someone else.
- The dance teachers will show me the dance moves, one step at a time.

EveryBody Dance Now (Accessible Sessions)



- We often learn the dance steps first without music so that we can focus better.
- Sometimes, the dance teachers will show me the moves and count out loud, saying "1-2-3-4, 5-6-7-8".
- By counting these numbers while dancing the steps, I can learn to dance together to the beat of the music.

EveryBody Dance Now (Accessible Sessions)



- I will repeat the same steps together with the dance teachers a few times, so that I can remember better.
- After I repeat the dance steps a few times, the dance teachers may ask me to try out the steps together with music.
- Sometimes the music may be faster or slower than what I learnt. This is alright. I can try to dance the steps together with the beat of the music.
- I will learn the dance like this for about 20 minutes.

EveryBody Dance Now (Accessible Sessions)



- After I learn the dance steps, I can have a fun time dancing together with everybody!
- I can clap loudly at the end of the session to show that I enjoyed myself while learning new dance steps.
- It is also a way for me to thank the dance teachers for the session and for dancing together.

**See you soon at
Esplanade.**



Connect with us | www.esplanade.com   EsplanadeSG  EsplanadeSingapore
#esplanadesg #mydurian

Esplanade is a charity and not-for-profit organisation. Help us bring the joy and inspiration of the arts to different communities, including the underserved.