

Friday Night Dance Series



2/2/24: Umfundalai is a Contemporary African dance technique that includes movement vocabulary from dance traditions throughout the Diaspora presented in a way which makes it accessible for anyone to perform traditional African dances.



2/9/24: Afrobeat Dance is a genre of dance created to accompany the upbeat and energetic rhythm of Afrobeat music, which originates from Sub-Saharan Africa, predominantly West Africa. It is an ever-changing dance form with influences from traditional African dance styles, African street dance, and Hip-Hop. New routines and moves continue to be created and inspire dancers of all ages/backgrounds everywhere.



2/16/24: The Dunham Technique involves the merging of polyrhythmic dance styles in continual motion. Katherine Dunham was the first to combine the individualistic dance movements of Caribbean and African cultures with European-style ballet.



2/23/24: West African Dance is an exploration of the African diaspora through song, dance and live drumming.