

Jazz Dance Workshop

爵士舞班

Tutor

Ms Peggy Ho

Dancer and Choreographer

導師

何穎藍小姐

舞蹈家及編舞家

28 February – 11 April 2019

(Thursdays – 6 sessions,
except 21 March 2019)

7 pm – 9 pm

Z415

Chi + Eng

Jazz dance showcases dancers' originality as they interpret and execute moves and steps in their own way. This workshop aims to introduce the fundamental techniques of Jazz dance and build up participants' technical base and body flexibility through training and stretching.

Ms Peggy Ho received dance training in a variety of styles at The Hong Kong Academy for Performing Arts, in Los Angeles, New York, Melbourne and Taiwan. She won the championship in the Hong Kong Girls National Women's Dance Competition (2005), and was First Runner-up in the Girls National Women's Dance Competition (Asia).

爵士舞的動作及舞步可隨舞者而變，自我風格盡顯其中。本課程教授基本爵士舞技巧及伸展運動，以鞏固學員的基礎及鍛鍊身體使之變得柔韌。

導師何穎藍小姐自幼習舞，曾在香港演藝學院、洛杉磯、紐約、墨爾本、臺灣等地深造各種舞蹈，並於 2005 年舉行的香港 Girls Nation 女子街舞比賽獲得冠軍。何小姐其後代表香港參加臺灣 Girls Nation 女子街舞亞洲區比賽，榮獲亞軍。

