

# 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

C+E

3 October – 7 November 2019

(Thursdays – 6 sessions)

6:30 pm – 8:30 pm

Z415



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 Nation Women's Dance Competition (2005), and was First Runner-up in the Girls Nation 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。