



**Michelle Devine –
Creative Shimmy –**

Creative Shimmy : A choreography with shimmy layering and unexpected combinations

The workshop will begin gently then progressively gain intensity; warm up to prepare the body for dance, drills focusing on hip work that have definition and punctuation, then move into the choreography with sharp and soft layering. While this workshop is presented as a choreography, you will be able to take away combinations that can be used as additions to your own creations.