



**Old Palace of
John Whitgift School**
Independent Girls' School

March
2023

AROUND THE PALACE

Dance Show Special Bulletin

Kinetic Flow



3rd March 2023

The Royal Academy of Dance

On Friday 3rd March, 70 Senior School students took part in our annual Dance show, 'Kinetic Flow'. This year was particularly special as we performed our showcase at the prestigious Royal Academy of Dance* (RAD) in London. The professional staging, lighting and sound system really brought the show to life and was much appreciated by our audience of 200 family and friends.



* The Royal Academy of Dance is a UK based examination board which specialises in dance education and training. The RAD has an emphasis on classical ballet. It was founded in London, England in 1920 and is one of the largest dance organisations in the world, with over 14,000 members in 79 countries. It moved into its new, global Headquarters in Battersea in 2022 and has seven full size dance studios and a studio theatre with a full lighting rig and sound desk.

The day before the performance was the first occasion that the cast came together to rehearse all 29 dance pieces. On the afternoon of the show, we went to the RAD and had a full technical and lighting rehearsal in the space with the technician. Following this, we ran a full dress rehearsal and practised our entrances and exits and quick costume changes.

The dance styles ranged from Contemporary, Lyrical Street, Hip Hop, Ballet, Kuthu and Bharathanatyam. The show included a collection of works created by our extra-curricular dance clubs and choreographed by the dance teachers and student dance assistants. GCSE dancers showed a series of their examination work, performing adaptations of their dances from the

Performance and Choreography units of the course. Dance Leaders performed work inspired by their own stimulus and created in their lessons. Lastly, a selection of dances were created and auditioned by the students themselves.

Ms Khan and Mrs Barber
Dance Department



From performing in the professional setting of a dance-specific studio theatre, we were able to fully understand how to perform with confidence, commitment and concentration as the lights highlighted every movement. The

wings enabled the show to run smoothly with every precise entrance and exit. Resilience, self-discipline and stamina were vital for both the rehearsal and the evening performance to a live audience. We quickly learnt to adapt to challenges,

be organised in the space and know the running order of the show, especially if there were any quick costume changes. Team work paid off as we bounced off each other's energy and enjoyed a fantastic show!



The experience of performing at the RAD not only filled us with excitement, but also encouraged everyone to dance to their full ability to enlighten the show alongside the high quality production features.

Aswini

Dance is something that works with the atmosphere and the RAD definitely fitted with the mood of the students. The lighting, the stage, the sound and the audience were a perfect way to uplift the dancers and the performance pieces. I would definitely want to experience this again.

Navinaa



I have personally loved seeing my improvement and growth with dance at Old Palace which I can see from Dance show to Dance show. Performing at the RAD was the icing on the cake. Being on that stage was unlike anything I had ever experienced and the sense of community it built may become one of my favourite Old Palace memories.

Stephanie

Performing in a prestigious academy on a proper stage, decorated with a range of vibrant lighting, was like planting a seed of potential in the soils of dance enrichment.

Obade





