



## About the Artist(s)



Christine Couture (a.k.a Ms. Christine)

From a very young age, Christine Couture has always been a dynamic, creative and versatile dancer. Specializing in contemporary dance, Christine completed the Professional Contemporary Program from The School of Dance in Ottawa in 2011 and is certified in 'Contemporary Dance Teacher Training'.

Since then, she has been working in the Ottawa area as a teacher, choreographer, performer and stage manager. Aside from her professional contemporary certification, Christine has trained in jazz, hip-hop, ballroom and creative movement. Over the years, she has had the opportunity to work with amazing teachers and choreographers such as Sylvie Desrosiers, Yvonne Coutts, Peter Boneham, Susie Burpie, Anik Bouvrette, Sasha Ivanochko, Emmanuel Jouthe, Sylvain Émard and Tara Luz Danse.

Christine has been teaching dance for the past 10 years in different schools across Canada teaching in French and English. This is Christine's third year with Luv2Groove™ and she is loving every single minute of it!

"When you dance, your purpose is not to get to a certain place on the floor. It's to enjoy each step along the way."  
 –Wayne Dyer

## About the Dance Workshop

Our MISSION is to foster the growth and development of dance education through a blending of our passions in dance and health. Our workshop enhances the arts, health and physical education curriculum in schools by encouraging students to MOVE, GROOVE and to HAVE FUN! Throughout the workshop, students will gain self-confidence, develop discipline, increase their physical capabilities and gain a deeper appreciation for the arts. Each workshop includes a physical/fun warm-up including several stretching and strength building exercises, movement based activities, dance routines and the opportunity for students to be active, creative and interactive with each other.

## About the Art Form

Luv2Groove is a powerful educational program meeting the physical, intellectual, and social needs of all our students. We strongly believe in unifying the body and mind of all our students by celebrating the fact that everyBODY can dance! Therefore, rather than focusing on one style of dance throughout the workshop, we expose students to a variety of dance steps/movement forms such as hip hop, breakdance, jazz, tap, African, Latin dance and more.

We encourage students to move in ways they have never tried before in a fun and safe environment. Also the music we choose gets the students moving and grooving right away and keeps smiles on their faces for the entire workshop.

We hope that all the students and teachers leave our workshop feeling alive and sweaty! In our workshop there are no wrong answers. This is a chance for everyone to feel like they can express themselves freely without judgement.

For more information on our work, please visit our website at: [www.luv2groove.com](http://www.luv2groove.com)

## Links to Curriculum

### Students in our workshop will:

move in response to a variety of sounds, music, and feelings; demonstrate the [principles of movement alignment](#), balance, flexibility, strength, and breathing — in dance; create movement [sequences](#) based





on choreographic [forms](#); describe [techniques](#) associated with particular dance [styles](#); demonstrate [performance skills](#) appropriate to a given dance situation

### Pre-Workshop Discussion Questions

- What style of dance is your favorite?
- Have you ever taken a dance class before or watched a live dance performance?
- Do you ever dance for fun? If so, how does it make you feel afterwards?

### Post-Workshop Activities

#### Kinders-Gr. 2

- Get students to find a partner. Tell them to take their partner on a journey around the room, exploring different ways of traveling and moving through the space. They can incorporate moves they learned in the workshop and/or moves they already know. One person is the leader while the other person follows, when you say switch they get to switch roles. *High-energy music works well for his activity.*

#### Grades 3 and up

- Ask your students to name some of the dance moves they learned from the workshop and some action words (like jump, crawl, slide etc.). Write the names of the moves/action words down on separate pieces of paper. Get students into groups of 4. As a class, pull out the pieces of paper from a hat one by one (6-10 pieces of paper maximum). Write the names of moves/actions words in order that they are pulled out on a chalkboard for everyone to see. Each group, will then have to “dance” the movement sentence written on the chalkboard. They can interpret the moves/action words in their own way and add their own style to the movement sentence. *Each group can present their movement sentence at the end of class. You can also add music to give the movement sentence a feeling or mood.*

Luv2Groove’s very own resource for Grades k-6:  
<http://luv2groove.com/teacher-resource/>

### Post-Workshop Discussion Questions

- Why is it important to move our bodies’ everyday?
- What are the stereotypes surrounding dance for boys versus girls?
- How can dance contribute to other sports/activities you enjoy doing?
- What are some ways we can integrate movement/dance into our everyday lives?

Learn more about this artist online at [artstarts.com/aotd](http://artstarts.com/aotd)