

# **Jazz / Jazz Funk Dance Workshop**

## **爵士舞 / Jazz Funk 舞班**

Tutor

**Ms Peggy Ho**

Choreographer

導師

**何穎藍小姐**

排舞師

5 October – 23 November 2016

(Wednesdays – 8 sessions)

8 pm – 9:30 pm

S505, Communal Building

This is the workshop for those who are interested in jazz dance. The aim is to build up your technical base and flexibility of your body through technical training and stretching. Basic elements and skills of jazz dance will be introduced and practised to relaxing lyrical or pop music.

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, Australia; and Taiwan. She won the championship in the Hong Kong Girls National Women's Dance Competition (2005), and was the first runner-up in the Girls National Women's Dance Competition (Asia).

爵士舞迷不容錯過！本課程將教授基礎舞蹈技巧及伸展運動，建立學員的舞蹈基礎並鍛鍊身體的柔軟性。音樂悠悠奏起，大家來一齊翩翩起舞吧！

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、台灣等地深造各種舞蹈，並於2005年香港 Girls Nation 女子街舞比賽獲得冠軍，其後代表香港參加台灣 Girls Nation 女子街舞亞洲區比賽，榮獲亞軍。

\* The workshop will be conducted in Cantonese, supplemented with English.