

USEFULL INFORMATION ABOUT APOGEOS

“The relation of a creator with its past is the relation of creation with its past body. Creation outside her tradition, both obvious or not, doesn’t exist.”

G. Likiardopoulos

Research “Apogeos” (= from the earth) was initiated by the question and the interest on how dancers can question or redefine their identity and place it in their dance by infiltrating the western contemporary dance through their background and culture. Posing thus the question could a dancer, while being educated in a professional dance school and while acknowledging the techniques of international dancing, be able to filter all this through his/her geographical, historical and social influences and culture? These questions led to a journey of exploration based on the interaction between contemporary and Greek traditional dances and the encounter of the two in a “new” dance. The procedure of the research was purely experiential: do first, understand later! The questions and the proposals were firstly tested on the classes and workshops and afterwards a method, a technique and a new kinetic language were realized and born.

After five years of study, observations, constructions, deconstructions and reconstructions a new kinetic proposal is being composed. The birth of this “new” dance language is based on the important principal of the research which is the initiation of the movement from the earth, the ground (apogeos movement).

The aim is the creation of a movement vocabulary that is easy and approachable for the dancers, both amateurs and professionals. For the choreographer it is very important to return to the most basic elements of dancing which are pleasure and sharing the procedure.

Apogeos dance is a dance that is being built while danced, it is a new kinetic language. People that commune this language are defining and forming it at the same time, at that particular moment and at that specific place.

Apogeos is shaped through an open vocabulary, steps, stepping, motifs, tools, mechanisms. It has its own technique, method and principles as apogeos movement. It is using all those inherited in order to create something of its own and deliver it / pass it on.

Tradition (the given) is being offered to each generation in order to reinforce and inspire her to take the relay and create her own proposition a new “given” for the next generation.

Polina Kremasta