

BODY MATTER - Lisanne Goodhue

My classes are social events where one can reach his maximum physical potential and work collectively. I am interested in the body as a textural matter, constructing my classes around free explorations and exercises borrowed from ballet, contemporary dance techniques and somatics. We focus on the breath, mobilization of the spine, strengthening of the core, articulation of the foot, working on one leg, folding and unfolding of the bigger joints of the arms and legs. In solo, duet or group, we will train coordination, visualization, cardio, the usage of various speeds and momentum, and displacement in the space. The second part of the class focuses on integrating these elements into technical exercises done into space. We end the class by a written phrase of movement or guided improvisation, consolidating the notions practised beforehand. The goal is to transmit the joy of sweating, through a careful balance of exploration and technical challenges.

I aim to guide each dancer to a place where they stimulate their own critical processes on their dancing.

Lisanne Goodhue is a Canadian dancer, choreographer and teacher based in Berlin since 2011. Trained in classical and contemporary dance as well as visual arts in Montreal, Canada, Lisanne has considerable professional experience working with different choreographers in Europe, Asia and Canada. Her choreographic work has been shown in Montreal, Kivik (Sweden), Hamburg, Berlin and London. She is active in the Berlin improvisation dance scene, being a guest performer in various events. Between 2009-16, she was a close collaborator of German choreographer Sebastian Matthias and their work was presented at Tanzplattform Deutschland, Tanz im August Berlin, Impulstanz Vienna, and toured around Europe, Japan and Indonesia. She has been teaching to professional and nonprofessional dancers in Montreal, Freiburg, Hamburg, Zürich, Bern and Basel(CH), Thirsk(UK) and Nanjing (China). Since 2017, Lisanne is a teacher at Tanzfabrik Berlin. Between 2018-20, she is completing her Master in Choreography at ICI-CCN Montpellier in France.

