

Urban Contemporary

WITH ERIC FENN

The Laws
of
Rhythm & Motion:

Rhythm
beats strong
in every heart

A body in motion
tends to
stay in motion

Energy
creates
energy

Anyone can dance



ODC DANCE COMMONS



This class founded by **Eric Fenn**, is a fusion of modern dance and urban/street aesthetics. Eric's background in Martial arts, hip hop, jazz, modern and african dance make his unique movement vocabulary and phrasing, earthy yet edgy. Move in and out of the ground with rhythm, musicality, pulse, flow, and release.

BIO

I began this journey in movement as a child. Eight years of karate and kung fu taught me honor, discipline, and coordination and nurtured in me my own desire to teach. I learned that the popping aggressive style of karate, and the flow of Kung fu would become the foundation for my movement style, a fusion of hip hop, martial arts, modern, jazz, African, and ballet.

During this journey in dance, I was given the opportunity to be founding artistic director of *San Francisco Culture Shock*, where I continued honing my teaching, performing, and directing skills. Over the past seven years I've had the honor of co-directing *Loose Change Dance Company*.

Thursdays, 7:00-8:30pm