



... I feel that
 an experiential performance project

June 17 | 7pm

June 18 | 5pm

@ Dance Foundry

directed by sammy spriggs
 in collaboration with
 leo briggs, sharon c carelock and m wu



Welcome!

Thank you for joining us in the studio for "I feel that." This collaborative work is almost a year in the making. Our collective of artists has been in the studio and in process with this content since July 2022.

In October 2022, an initial performance excerpt was presented as a part of [Fall for Fall Dance Festival](#), with collaborating performers [Leo Briggs](#), [Sharon C. Carelock](#), [Jacque Pritz](#), and [M Wu](#). The work was further developed as a part of [Dance Canvas' Palette Project](#) with subsidized rehearsal space courtesy of [Atlanta Dance & Music Academy](#), and an informal process showing alongside works from 5 other Atlanta-based dancemakers in January 2023. We then held community performance research workshops open to all, which produced a great deal of joy and fulfillment within our collective.

This latest iteration is the culmination of this group research and interrogation of our content.

Exploring the concept of joy, this ensemble work lives and breathes through the use of improvisational response, embodied research and interrogation, and group composition.

The work is steeped in self acceptance and celebration. In a world in which bodies are defined and limited by white-supremacist, patriarchal and colonialist beauty standards, gathering a group of diverse humans who have different racial and ethnic backgrounds, different gender expressions, and different body sizes and shapes to move together in joy and celebration of themselves and each other is radical and subversive.

Each collaborating performer has undergone a process of self-exploration, asking themselves: where does joy live in my body? how do I find it when joy is elusive or intangible? how do we share joy and pleasure with others?

We invite you into this space with us to begin your own exploration of joy, to experience our joy, and to be in community with us and each other. Welcome!

Sammy Spriggs

Director



Photo courtesy of Dance Canvas

Prologue

Studio A - "Comfort Measures" by Sharon C. Carelock

Studio B - Joyful Movement Facilitation with Sammy Spriggs

Listening Stations - Shared Memories

Group Performance

Performance by Leo Briggs, Sharon C. Carelock, Sammy Spriggs and M Wu

Music by Natasha Bedingfield, Alva Noto & Ryuichi Sakamoto

Epilogue

We invite you to join us for comfort foods, beverages, conversation and community following the performance because these things bring us joy! Please be sure to take home a copy of *a joy ritual for the shower* prepared by Leo Briggs. Carry the work of cultivating and nurturing joy out of the studio with us and into your lives.

Artists

Director

Sammy Spriggs (she/her) is an Atlanta based independent dance artist, educator and mom to three daughters. She is the Operations Manager for DanceATL, a non-profit organization that supports and sustains dance in Atlanta. Her choreographic work has been presented in Chicago, New York, Dallas, and Atlanta, and has been adjudicated at the American College Dance Festival. Sammy has presented research at the Society of Dance History Scholars/Congress on Research and Dance conference, and has experience in technical theater and sound design for dance and theater productions. Her choreography and teaching work emphasize the intersections between performing arts and social justice. She believes that dance and arts education cultivates strength, confidence, empathy and provides the tools necessary to be a good human. With over a decade of teaching experience, Sammy works collaboratively with her students to create a class environment that is challenging and supportive. Sammy is on faculty at Dance Foundry teaching Modern Technique, Adult Ballet and Creative Movement, and teaches in the Middle School at The Friends School of Atlanta. She also serves as Chairperson on the Board of Directors for Atlanta-based dance company Bautanzt Here.



Photo by Katie Graves

Collaborating Performers

Leo Briggs (she/he/they) is an Atlanta-based choreographer and performer. They are invested in queer and trans liberation in their choreographic work, community engagement, and teaching practice. Leo graduated summa cum laude from Emory University's Dance & Movement Studies program in 2019, where they were a recipient of the Sudler Prize in the Arts. Leo was a 2022 Arts & Social Justice Fellow at Emory University and a Meli Kaye Artist-in-Residence at the Decatur School of Ballet. This fall, they will begin their MFA in Dance & Social Justice at the University of Texas at Austin.

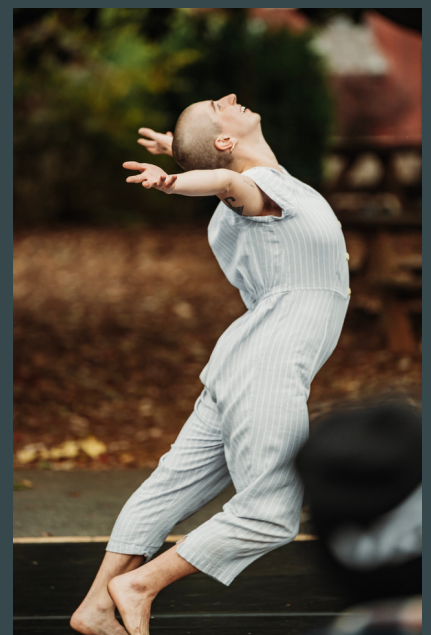


Photo by Addison Rudicle

Artists

Collaborating Performers cont...

Sharon C. Carelock, a graduate of the MFA program at the Florida State University School of Dance, is thrilled to be back in Atlanta and presenting work. This native spent her time in school developing her artistic voice by studying and performing with prestigious faculty and notable guest artists, including Rodger Belman, Emily Johnson, Anjali Austin, and Jawole Willa Jo Zollar. Now that Carelock has returned home, she is once again united with those who helped her discover her passion for choreography and performance, like Corian Ellisor and Kamali Hill.



Photo by Addison Rudicle

M Wu dances, makes pottery, draws, writes, and plays with intersections of these forms. M made, presented, and participated in movement-based performances and installations in Chicago for 12 years before relocating to Atlanta in 2019. Their dance/movement background includes training in Afro-Haitian folkloric dance, Middle Eastern bellydance, modern dance, ballet, post-modern dance, breakdancing, Flying Low, contact improvisation, and instant composition. M is interested in how humans control movement and communicate through physical contact, which informs their current graduate research work on how touch at the hands affects walking.



Costume Designer

Sara "Ra" Perez (She/They), as a self described bringer of whimsy and sass, builds small things with a whole lot of heart. Ra has over a decade of dance costume design experience, working in Chicago, Riverside, California and Atlanta. She has costumed works for independent dance artists, established dance companies including The Seldoms, and served as a resident costume designer in college dance programs. When costuming a dance, Ra gets to travel through the choreographer's creative process with them; helping to bring an idea to reality and then getting to watch it move on stage. When she's not out hiking, costuming or looking for estate sales Ra can be found teaching middle schoolers to use the act of making to express and process their feelings.



Thanks!

Indiegogo Donors:

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Artistic Contributors:

Jacquelyn Pritz
Ellie Tsuchiya
Tzipporah Gerson-Miller
Amanda Schneider
Emily Allred
Sharon Urquijo



Help us move forward in our work!

Feedback and Demographics Form



Join Sammy for summer dance classes:

Mondays @ Dance Foundry
Modern Technique | 5:45-6:45pm
Adult Ballet | 6:45-7:45pm

\$15/class | Drop-Ins Welcome!



See Leo's latest work next week:

Lavender Hill

Saturday, June 24 | 7:30pm
Sunday, June 25 | 3:30pm
@ 7 Stages Theater