

2010 Dance Workshop Series

Liturgical Dance Workshops

On March 11th and 18th, dance instructor, Willette Woods, was invited by Raising Expectations Inc. to teach liturgical dance, or gospel-inspired dance movements, to students ages 10-18 from Ward 8's Congress Heights. The classes were held at Ferebee Hope Recreation Center in the Washington Highlands neighborhood.

The group of girls learned about how to express themselves through liturgical dance and the spirituality connected with each dance movement. Ms. Woods started the dance class participants with basic dance and stretch techniques led by inspirational music. Afterwards, she challenged them to create dance movements from India Arie's song "There's Hope." The students were successful in putting together a short piece for the song and plan to perform at R.E.'s 6th Annual Holiday Celebration later this year.

