

Pre-Event Guide: da:ns focus – EveryBody EveryBody Dance Now 2025 (Accessible Sessions)

Fri, 11 Apr 2025, 6.45pm

Sat, 12 Apr 2025, 2.15pm & 3.30pm

Sun, 13 Apr 2025, 1.15pm & 2.15pm

(30 mins)

Esplanade Concourse

da:ns focus – EveryBody



- *da:ns focus – EveryBody* is a weekend of dance performances, dance-alongs and dance workshops that celebrate inclusivity, diversity and participation.
- It includes people with and without disabilities, showing that dance can be enjoyed by everybody.

EveryBody Dance Now (Accessible Sessions)



- There will be 5 EveryBody Dance Now (Accessible Sessions).
- Each session is 30 minutes long.
- You can learn from five different dance studios, each teaching a different dance genre.
- These sessions are free and open to everyone.
- You can join in, even if you have not danced before.

EveryBody Dance Now (Accessible Sessions)

This is the timetable and information about each session

- **11 Apr 2025, Fri, 6.45pm – 7.15pm**

Hip Hop taught by Redeafination

- **12 Apr 2025, Sat, 2.15pm – 2.45pm**

Flamenco taught by Spanish Dance Singapore

- **12 Apr 2025, Sat, 3.30pm – 4pm**

Street Dance taught by Lioncity Luqman

- **13 Apr 2025, Sun, 1.15pm – 1.45pm**

Modern-Contemporary Dance taught by Maya Dance Theatre – DADC (Diverse Abilities Dance Collective)

- **13 Apr 2025, Sun, 2.15pm – 2.45pm**

Discovering Playful Expressions Through Malay Dance taught by P7:1SMA

Accessibility features for EveryBody Dance Now (Accessible Sessions)



- This is a wheelchair-accessible event.
- These sessions are for everyone, including people who may need to use a wheelchair. They can dance and move beside others too.

Accessibility features for EveryBody Dance Now (Accessible Sessions)



- There is Singapore Sign Language (SgSL) interpretation for this programme.
- A person on stage will use Singapore Sign Language (SgSL) during the speaking parts of the programme.
- This is to help people who are deaf or hard-of-hearing understand what is being said. They can also dance and move beside others.

Accessibility features for EveryBody Dance Now (Accessible Sessions)

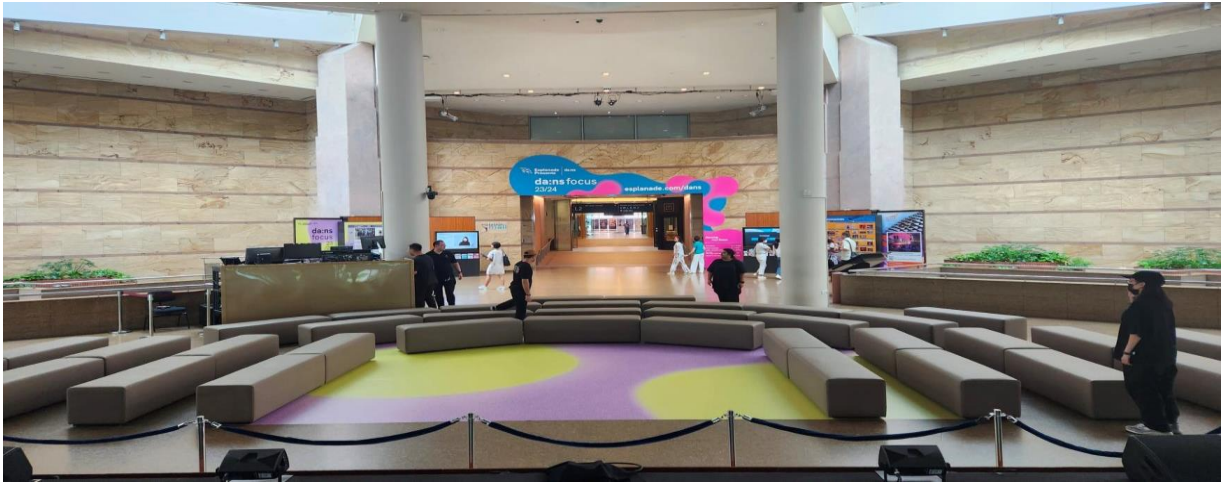
- Moving and dancing during the session is alright. It is fine to move around or sit down while the session is happening.
- If you need to use the washroom during the session, that is alright. An usher can show you the way to the washroom nearby.
- After using the washroom, you can return and join the session at any time.
- You may exit and enter the dance space whenever you are ready.
- You can put your bags at the baggage drop-off area at the back, near the console area. If you are unsure, you can ask an usher for help.

Esplanade Concourse



- This is the Esplanade Concourse.
- This is where the EveryBody Dance Now dance sessions will take place.

Esplanade Concourse



- There will be a stage and an open area for dancing.
- The space in front of the stage will be a fun area for everyone to dance along.
- Seats are available for everyone to choose from.
- There will be spaces for wheelchairs. If needed, ask an usher where to park and enjoy the session.
- Accessible sessions will have an interpreter for Singapore Sign Language (SgSL). If needed, ask an usher for the best seat to see the interpreter.

What to expect at the EveryBody Dance Now (Accessible Sessions)

EveryBody Dance Now (Accessible Sessions)



- Each session starts with the dance teachers performing on stage.
- They will perform a short dance piece and show everyone what the dance style looks like.
- When they are performing, you may sit down and enjoy their performance.
- You may also clap along to the beat of the music.

EveryBody Dance Now (Accessible Sessions)



- After the short performance, it is now your turn to try out the moves!
- You can choose to stand up and learn.
- Look left and right to make sure that you have space to move around.
- Check that you are not standing too close to someone else.
- The dance teachers will show you the dance moves, one step at a time.

EveryBody Dance Now (Accessible Sessions)



- For the next 20 minutes, you will be learning the dance steps.
- You will learn the dance steps first without music so you can focus better.
- Sometimes, the dance teachers will show the moves and count out loud, saying "1-2-3-4, 5-6-7-8".
- By counting these numbers while dancing the steps, you can learn to dance together to the beat of the music.

EveryBody Dance Now (Accessible Sessions)



- Repeat the same steps together with the dance teachers a few times, so that you can remember better.
- After repeating the dance steps a few times, the dance teachers may ask to try out the steps together with music.
- Sometimes the music may be faster or slower than what you learnt. This is alright. You can try to dance the steps together with the beat of the music.

EveryBody Dance Now (Accessible Sessions)



- After learning the dance steps, you can have a fun time dancing together with everybody!
- You can clap loudly at the end of the session to show that you enjoyed yourself while learning new dance steps.
- It is also a way to thank the dance teachers for the session and for dancing together.

See you soon at Esplanade.

Find out more about accessibility at
Esplanade at
www.esplanade.com/accessibility



Find us on    | [esplanade.com](https://www.esplanade.com)

Esplanade is a charity and not-for-profit organisation. Help us bring the joy and inspiration of the arts to different communities, including the underserved.