

Who is Lori Belilove?

Lori Belilove, Artistic Director, is a third generation Duncan Dancer who trained and danced with first and second generation Duncan Dancers Irma and Anna Duncan, who trained and performed directly with Isadora. This direct lineage and prestigious performing background has won Belilove the reputation as a premiere interpreter and ambassador of the dance of Isadora Duncan. Ms. Belilove has often been the subject of film, and photography as well as interviews for TV, radio and published articles as she is widely considered an important source for the documentation and interpretation of the Duncan technique and repertory.

Lori Belilove & The Isadora Duncan Dance Company is the resident performing troupe of the Isadora Duncan Dance Foundation, which consists of a spirited ensemble of five to nine dancers who have achieved a purity of style hailed by Anna Kisselgoff, of *The New York Times* and other internationally renowned critics.

Ms. Belilove and her Company have toured extensively both nationally and internationally. She has conducted residencies in such prestigious institutions as The Juilliard School, Peabody Conservatory, Oberlin College, Northwestern University, Kent State University, Ohio State University, New York University and University of California at Berkeley, among others. She received her B.A. degree from Mills College in dance, religion, and classical studies, and is in her 15th year on the faculty of The Dalcroze Institute at The Juilliard School.



"Imagine then a dancer who, after long study, prayer and inspiration, has attained such a degree of understanding that her body is simply the luminous manifestation of her soul; whose body dances in accordance with the music heard inwardly, in an expression of something out of another, profounder world."

—Isadora Duncan



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ISADORA DUNCAN DANCE for Children with Lori Belilove



Let us first teach little children to breathe, to vibrate, to feel, and to become one with the general harmony and movement nature. Let us first produce a beautiful human being, a dancing child.

-- Isadora Duncan, 1909

What is Isadora Duncan Dance?

The Isadora Duncan dance technique, as taught by world-renowned Duncan authority Lori Belilove, is a beautiful, free flowing art form perfect for all ages.

What are your classes like?

My classes offer a technical foundation for all dance, with plies, jumps, exuberant runs, skips and leaps. Spirited dancers learn to move through space with joy and abandon. They enjoy social interaction and how to express themselves in dance.

The classes begin with a series of Duncan movements that expand upward and outward from the chest to flow through the entire body. Imagine the beauty of children moving with freedom and grace. Because Duncan dance emphasizes continuous movement, the awkward, straining and injury-prone rigidity found in other forms of training is non-existent.

In a Duncan class for children the focus is on the artful play of dance. Within the Duncan aesthetic, children breathe through floor exercises and a sampling of the basic skips, runs, leaps and tosses all to the great classical music composers. The children improvise on given themes helping them to expand their movement vocabulary with a variety of dramatic expressions. The beauty, grace and athleticism of the Duncan technique builds strength, musicality and freedom of movement.

What do you love most about teaching dance?

What I love most about teaching Duncan class is that there are many approaches to the technique. Here are a few of my approaches:

1. Duncan Dance is unique.

With the impulse to move from the torso, in the region of the heart and the breath, Duncan Dance is a unique technique where the dancer is fully engaged.

2. The Storytelling and Games.

What motivates a dancer to move? Stories, games and dramatic interplay create worlds that motivate young dancers naturally.

3. I always approach teaching Duncan believing that everyone can have a fulfilling dance experience.

It is a technique that beautifully combines body and soul, which to me is the essence of all dancing.

Who was Isadora Duncan?

Rebelling from 19th century ballet, Isadora was concerned with the dancers' need to return to a simple, "original" condition – "a state of awakened response" from which the dance would flow. Isadora believed all art begins, not with technique, but with personal truth – which can be nourished and with practice, summoned at will. "Life is the Root, and Art is the Flower."

Isadora Duncan was born in San Francisco in 1877. An American dancer, whose creation of an expressive dance style, based on her vision of the dances of the ancient Greeks, laid the groundwork for the modern dance movement of the 20th century. She is considered the mother of modern dance. She toured Europe and the United States and established schools near Berlin in 1904, in Paris in 1914, and in Moscow in 1921. At first critics received her performances poorly, but later audiences grew more enthusiastic about it. Before she died Nice, France in 1927 she was famous throughout the world.

