



Photo: H el ene Langevin

## BOUGE DE L A ENCOURAGES EVERYONE TO GET MOVING WITH *DANSE CHEZ TOI!*

Montr al, Wednesday, April 15, 2020 – To encourage families to be physically active and stimulate creativity, Bouge de l a is launching *Danse chez toi!*, a **video initiative** that invites young and old to create **30-second choreographies** based on a theme drawn from the everyday realities of being placed on lockdown. Budding young choreographers can learn about the latest theme **every Tuesday and Friday at 3:30 p.m.** on the company’s **Facebook page**, create their own dance to music of their choice, film the dance, and share it on social media using the **@bougedeladanse** handle. To get things moving, dancers with our company, which is geared towards young audiences, will share their own choreographies.

In a time of lockdown, we are more committed than ever to getting children moving so they burn their pent-up energy. Bouge de l a is delighted to present this creative challenge and encourages everyone to get involved. In keeping with its mission of making dance accessible to all, Bouge de l a will also hold a draw at the end of April for a copy of its educational dance game *26 cartes   danser*. Everyone who shares at least one of their creations with the company and its community will be entered in the draw.

### **BOUGE DE L A**

Established in 2000 by H el ene Langevin, Bouge da l a creates, performs and distributes prime quality contemporary dance pieces for young audiences, while also developing a range of cultural actions to promote dance. Bouge da l a dance shows are full of humour and poetry, and also incorporate various other artistic disciplines, including video, theatre and shadow puppets. The company has eight works in its repertoire. The most recent creation, *Through My Eyes*, was awarded the CALQ Prize for Best Choreographic Work in Quebec for 2018–2019 at the Prix de la danse de Montr al. To date, the company has touched the lives of over 300,000 young people through more than 1,300 performances of its repertoire across Canada and, more recently, in China and Mexico. Bouge de l a is celebrating its 20th anniversary in 2020.

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SOURCE

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