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*Loved it. Inspiring. Informative.
How dance, art and music can be transformative, build confidence,
and save souls!*

GV10 HIP-HOP DANCE: MOVING IN THE MOMENT

Review by: Sandra A. Daley

GV10 provides a great opportunity to delve into the history and inspiration of Hip-Hop. Did you know street dances include: Locking, B-Boying, Wacking, Clownin' or Dissin', Soldier Boy Dance, Harlem Shake, Jerking, Popping, Krumping, Top Rock or Up Rock, Rockin', and the list is steadily growing?

In **Moving in the Moment** I was constantly learning and being inspired by new and old artists alike.

"Everyone needs to express himself or herself, through art, through work. Dancing is doing what makes me feel good. Dance is therapy! The reason why I continue to dance is my happiness," says **'Cynch'** one of the principal Dancers at the Westbound Dance Company. *"Ballet, Tap, Salsa, African, Native American, Capoeira... B-Boying takes the best from each dance form and the BBoy culture made up a totally new style,"* offers **BBoy Tailz**.

Deep! **BBoy Jacob "Kujo" Lyons** illuminates that *"you can feel it. Getting into a circle comes from tribal culture, with music... being carried by a God - a spirit, not being conscious, allowing it to flow through you, expressing something greater than yourself, using your body as a medium."*

In a completely professional and sensitive manner Director Mr. Bryan shows these magnificent artists talking about dance as a road to confidence, self-expression, and healing.

See **OG Skeeter Rabbit** (who performed with the

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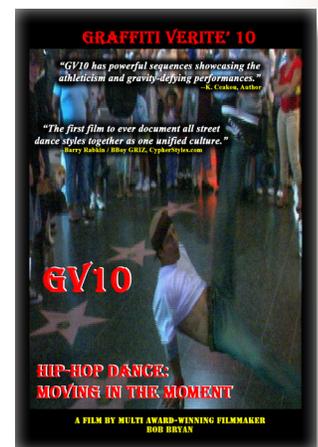
Lockers) demonstrate the original Funky Chicken - which is the move that got Locking started. Observe the Break Down and off-of-that, the Hitch Hike... You name it, this film is thorough!! The Robot, The Quickie... Personally I didn't realize that there were so many moves. I'm still stuck on the Cabbage Patch!

Check out **Kian** from the Westbound Dance Company do the Liquid and the Moonwalk.

Hip-Hop has literally redefined modern dance. No doubt! Yet paradoxically, the Hip-Hop Dance Culture can still be a very male-dominated culture. However when the females step onstage, they claim the space strong!

Sarah "Smalls" McCann, Co-founder of **Westbound Dance Company** knows from experience that *"teaching requires allot of patience, ability to breaking it down, and at the same time letting your passion shine through"* all of this Sarah reasons, in order to successfully inspire your students!

"Attack people with your moves, intimidate people, the B-Boy battle mentality is more competitive than



any other dance move. Like sign language... more antics and charismatic flavor," analyzes **BBoy Pan** (master BBoy dancer and now professional Judge at BBoy competitions).

Finally... **BBoy Pan** concludes that there are ethics for BBoy Street Dance competitions. "No talking about somebodies mamma! Cuz it could quickly get out of hand..."

- **Sandra A. Daley**

Actress, Playwright, Director, and Lifestyle and Career Coach
<http://www.sandradaley.com/>. Why am I the coach for you? Because I know and understand where you are. Questioning fate and your life's purpose. Watching time fly by and feeling as if you have nothing to show for it. Feeling that you are smarter, more creative than this. Looking for an opportunity to demonstrate your talents and gifts. "Is this all there is?", you ask.... Wife and mother of 2 girls and a super-duper husband. Life is good.

Founder of Liberation Theatre Company
<http://www.liberationtheatrecompany.org>
Contact Info: info@liberationtheatrecompany.org
sandra@sandradaley.com

For more info on director Bob Bryan
and
Graffiti Verite'
please visit <http://www.graffitiverite.com>

Contact Information

BRYAN WORLD PRODUCTIONS, LLC

P.O. Box 74033

Los Angeles, CA 90004

Tel: (323) 856-9256

Fax: (323) 856-0855

Email: bryworld@aol.com