



Arts Management | Teaching | Producing | Consulting
AMY DIANE MORROW



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"Expand abilities by exploring availability."

-Amy Diane Morrow



Gaga // Ohad Naharin's Movement Language

About Gaga

Gaga is a movement language which Ohad Naharin developed over the course of many years and which is applied in daily practice and exercises by the Batsheva Dance Company members. The language of Gaga originated from the belief in the healing, dynamic, ever-changing power of movement. Gaga is a new way of gaining knowledge and self-awareness through your body. Gaga provides a framework for discovering and strengthening your body and adding flexibility, stamina, and agility while lightening the senses and imagination. Gaga raises awareness of physical weaknesses, awakens numb areas, exposes physical fixations, and offers ways for their elimination. The work improves instinctive movement and connects conscious and unconscious movement, and it allows for an experience of freedom and pleasure in a simple way, in a pleasant space, in comfortable clothes, accompanied by music, each person with himself and others.

Previous Presenters 2012-16

Alabama Dance Festival Birmingham, AL	First Street Studio Austin, TX	Spelman College Atlanta, GA
American College Dance Festival	General Consulate of Israel Houston, TX	Suzanne Dellal Center Tel Aviv, Israel
American Dance Festival Durham, NC	GCC Verve Company Glendale, AZ	Tapestry Austin, TX
ADF Scripps Studios Durham, NC	Hope Stone Houston, TX	Texas Dance Improv Festival TX
Austin ISD Austin, TX	Houston Dance Collective TX	Totem Dance Group Kiev, Ukraine
Avant Chamber Ballet Dallas, TX	JCC Austin, TX	TSU San Marcos, TX
Balance Dance Studios Austin, TX	KJ Dance Plano, TX	TWU Denton, TX
Barnstorm Dance Fest Houston, TX	KDHDC Austin, TX	The Bellhouse Tulsa, OK
Batsheva Ensemble TLV, Israel	Keshet Albuquerque, NM	The Dance Exchange Tacoma Park, MD
Belhaven University Jackson, MS	Lou Conte Chicago, IL	The Dance Gallery Festival TX
Belisama Santa Fe, NM	McCallum Fine Arts Austin, TX	TuMM Tulsa, OK
Belmont University Nashville, TN	MCM Mexico City	UCO Edmond, OK
Café Dance Austin, TX	Moving Canvas Arlington, TX	UNM Albuquerque, NM
CORE Atlanta, GA	Musical Dreams New Delhi, India	UNT Denton, TX
Dallas ISD Dallas, TX	New Dialect Nashville, TN	UT Austin, TX
Dance Discovery Austin, TX	Newtown Centre of Classical Ballet Newtown, CT	UDLAP Puebla, Mexico
DGDG Dallas, TX	OKC Ballet Oklahoma City, OK	UH Houston, TX
Emerge Dance Festival Tulsa, OK	Out on a Limb Dance Company Waco, TX	UMCP College Park, MD
Emory University Atlanta, GA	Oral Roberts University Tulsa, OK	Vassar College Poughkeepsie, NY
Encuentro Metropolitano de Danza Contemporanea Monterrey, MX	SHSU Huntsville, TX	Visceral Dance Center Chicago, IL
Contemporary Ballet Dallas TX	Second Story Studio Nashville, TN	Wanderlust Dance Project Dallas, TX
	SMU Dallas, TX	Waco Arts Council Waco, TX
		7 Stages Atlanta, GA



Class Descriptions

Gaga/dancers

Gaga/dancers classes are open to professional dancers or advanced dance students ages 16+.

These classes last for an hour and fifteen minutes and are taught by dancers who have worked closely with Ohad Naharin. Gaga/dancers classes are built on the same principles as Gaga/people classes but also employ the specific vocabulary and skills that are part and parcel of a dancer's knowledge. The layering of familiar movements with Gaga tasks presents dancers with fresh challenges, and throughout the class, teachers prompt the dancers to visit more unfamiliar places and ways of moving as well. Gaga/dancers deepens dancers' awareness of physical sensations, expands their palette of available movement options, enhances their ability to modulate their energy and engage their explosive power, and enriches their movement quality with a wide range of textures.

“Quotes” Choreography Toolbox

Following a Gaga warm-up, participants use Gaga tools to build their own compositions. Gaga is a key to unlock the body and mind and helps movers find their artistic voice inside the language. It is a special session to enjoy the endless possibilities using tools not rules. It also hones skills to craft our work with a wide range of dynamic, texture, many layers, and adaptability by folding and unfolding their choreographic grid. We continuously push our limits, listen to the body, and ask “How is our dance relevant as artist citizens?”

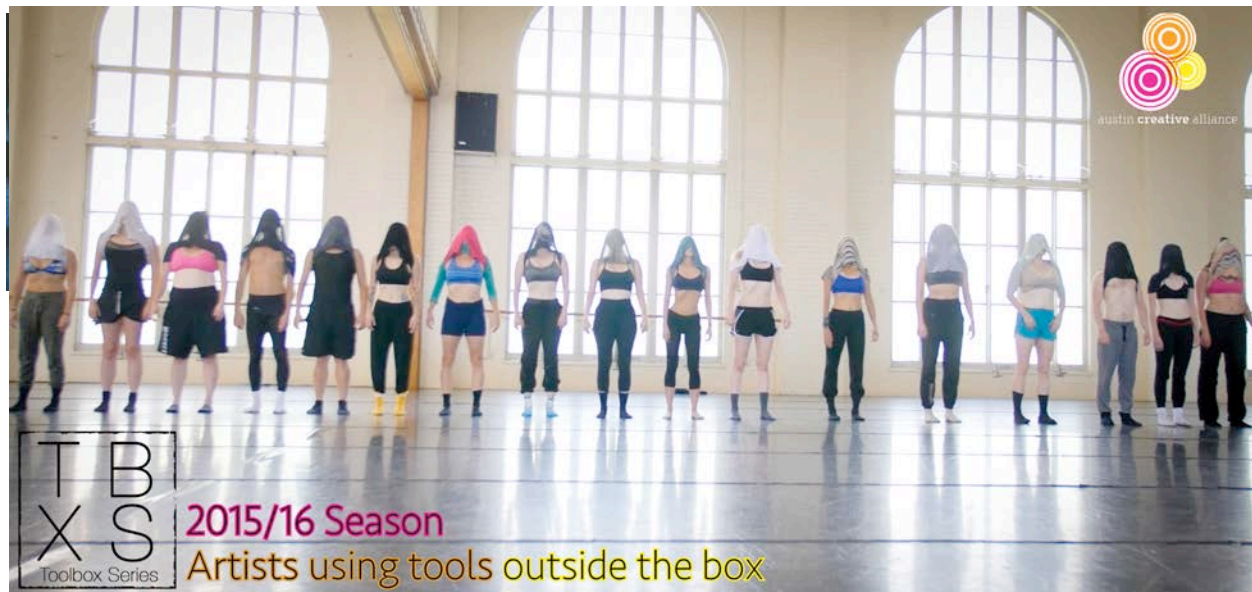
Gaga/people

Gaga/people classes are open to people ages 16+, regardless of their background in dance or movement. No previous dance experience is needed.

Gaga/people classes last for one hour and are taught by dancers who have worked closely with Ohad Naharin. Teachers guide the participants using a series of evocative instructions that build one on top of the other. Rather than copying a particular movement, each participant in the class actively explores these instructions, discovering how he or she can interpret the information and perform the task at hand. Gaga/people classes offer a creative framework for participants to connect to their bodies and imaginations, increase their physical awareness, improve their flexibility and stamina, and experience the pleasure of movement in a welcoming, accepting atmosphere.

Technique Classes

Also experienced in teaching classical ballet, pointe, modern, and Indian dance forms.



TBX and The Theorists

Who We Are

The Toolbox Series (under the Austin Creative Alliance) provides specialized workshops, choreography labs, and community showings for creative artists to hone skills for their personal practice and expand their professional market. TBX's mission is to employ tools for the 21st century dance professional in a relevant and authentic practice as artist citizens, furthering dance as an accessible art for people of all ages, abilities, and backgrounds.

What We've Accomplished

We successfully produced 9 workshops with international artists such as Deborah Hay, Jesse Zaritt, Manuel Vignoulle, Gaga (Ohad Naharin's movement language), ARCOSDance, and CounterTechnique® instructor, Kira Blazek. In these endeavors, we also managed to subsidize over \$8,160 in merit and need based scholarships to aspiring students. The Theorists is a performing collective under the umbrella of TBX in Austin, TX founded by Amy Diane Morrow. The evening length work, "String Theory," debuted in the outdoor Zilker Hillside Theater as a free, educational, and accessible performance for the community under the auspices of Tapestry Dance Company, TBX, Fusebox Festival, and favorable press from the Austin American-Statesman. The Theorist is an initiative to bridge the gap between artist and citizen. We present homegrown art in traditional and unconventional spaces because people matter and places matter.

What's Up Next

The Theorists premiere "Remix | Reorganize" by Kira Blazek at the Austin Dance Festival as well as "TRIIBE" June 12, 2016 at the Zilker Hillside Theater. An interactive performance installation is in the works with award-winning multi-media artist, Jason Akira Somma to create a portrait of Austin with Austin artists. TBXS hosts the 3rd CounterTechnique® workshop Feb 12-14 with Blazek, a Gaga Master Class with Amy Morrow at the North American premiere of "Mr. Gaga" at SXSW, will co-host Luis Garay with Fusebox Festival in April, and dance in technology workshops with Jason Akira Somma Summer and Fall 2016.



TBX provides **specialized workshops** for creative artists to hone skills for their **personal practice** and expand their **professional market**. Each workshop highlights a different **technique** and **choreographic process** coupled with a **movement lab & community showing**.



[Performance Development] with *Deborah Hay*

This special edition of TBX allows participants to work closely with the acclaimed choreographer, Deborah Hay, in a choreography lab before her residency with the Cullberg Ballet to create "Figure a Sea." Sessions focus on performance development through her personal practice for over 25 years. More info: www.dhdcblog.blogspot.com

[Contemporary Edition] with *Manuel Vignoulle*



The Contemporary Edition of TBX allows selected dancers to work closely with NYC based French choreographer, Manuel Vignoulle over the course of two residencies in April and October 2015. Vignoulle was a dance artist with both Ballet du Grand Theatre de Geneve (Switzerland), and Cedar Lake Contemporary Ballet (New York) where he worked with inspiring choreographers such as Sidi Larbi Cherkaoui, Hofesh Shechter, Ohad Naharin, Benjamin Millepied, and Alexander Eckman.

[Activist Edition] with *Jesse Zaritt*



The Activist Edition of TBX hosts the inspirational, Jesse Zaritt- masterful teacher, choreographer, and mentor. We investigate relationships between activism, performance and choreography to develop/co-create new ways to connect choreography, performance and activism. Zaritt graduated M.F.A. from Hollins University and serves on staff at the American Dance Festival. He has taught internationally and performed extensively with Shen Wei, Inbal Pinto & Avshalom Pollak Dance Company, Deborah Hay, Neta Yerushalmy, and Faye Driscoll.

[Counter Edition] with *Kira Blazek*



The Counter Edition of TBX features two residencies with certified Counter Technique® instructor, Kira Blazek inside a new work commission to premiere March 2016. Blazek is one of 4 certified instructors in the US and is a Dance MFA Candidate at CalArts. She has performed for Pilobolus, Shen Wei Dance Arts, Anoukvandijkdc, and has been hosted by BodyTraffic.



Accolades and Reviews

[The Dallas Morning News](#) by Manuel Mendoza

Toward the end of Saturday's performance at the Majestic, the entire Wanderlust cast assembled on stage and then dispersed to the aisles for a spine-tingling finalé that seemed to contain a subtle political message about love and cooperation. Choreographed by Austin dance-maker Amy Morrow, Hireath, named after a Welsh word that means longing for home, peaked with a segment in which 11 dancers were strung together by their sneakers and had to figure out how to move as a unit. Morrow emerged to explain that she didn't know what the piece meant. "You don't have to get it," she said before the dancers engulfed her and then commenced hugging one another.

[Theater Jones](#) by Margaret Putnam

But the fun—and the brilliance—came from David Cross's zany Casually Irrational and the ending piece, Amy Morrow's "throw-everything-in-the-pot-and-see-what-comes-out" Hireath...It was a delightful mess, with everything from hip-hop to a line of dancers holding hands paper-doll fashion, to a stunning set of looping turns by Mr. Speiller. At one point, dancers retrieve tennis shoes that are all linked together, try to dance with them on, abandon them and go their merry way. It ends brilliantly with all 55 dancers dancing in the aisles as Ms. Morrow stands alone on stage, fighting with a dozen pair of tied-together shoes.

[The Austin American-Statesman](#) by Jeanne Claire van Ryzin

Dancemaker Amy Diane Morrow finds inspiration in myriad things that at first may seem to have little to do with modern dance, such as physics and science... Playfully and elegantly, the dancers never letting go of the string, the dance seems to ask just how far can you stretch the relationship between two bodies physically and metaphysically.

[Star Telegram](#) by Mark Lowry

Austin's Amy Morrow's whimsical, moving Carry On (an etude on effort)...with all three carrying backpacks and using an actual voicemail from Morrow's grandmother, as well as a humorous bit with Siri.

[The Dallas Morning News](#) by Manuel Mendoza

Women's Choreography Project extends Avant Chamber Ballet's range. Austin choreographer Amy Morrow's String Theory, set to Chopin, was the afternoon's most emotional work, making clever use of the title prop to bind dancers together and dramatize their literal breakups.



Accolades and Reviews

[Theater Jones](#) by Margaret Putnam

Of the five works, Amy Diane Morrow's *String Theory* and Elizabeth Gillapsy's *Poema de Tres Versos* made the biggest splash...What could have been nothing but a clever gimmick—long silver strings stretching halfway the length of the stage—turned out to work magic...Their bodies are sometimes as taut as the strings and their gestures often awkward, their elbows lifted up and heads down. How far you can stretch strings and what kind of sound comes forth seem to symbolize how far you can stretch relationships and time. Seldom do we see a work so fascinating.

[16 Standouts of the Fall 2014 Season](#) by Nancy Wozny

When the lights came up on Austin-based dancer Amy Morrow's wiggling upside down legs, I knew immediately that this was one dancer to watch. She moves with a sassy mix of precision and abandon, something we rarely see on contemporary dance stages. The piece had something to do with her grandmother, it could have been about her car, and I would have still loved it. I am looking forward to seeing more of Morrow in motion.

[The Dance Dish](#) by Lydia Hance

"With an autobiographical breath of fresh air, Amy Diane Morrow danced her self-created solo *The Lady of*. As the piece opened, all we could see were her articulate legs upside down behind the spotlight. She continued to sparkle with feminine peculiarity, her dance moving from distal twisting to slapping her skin. We heard her voice telling stories of her grandmother, whose plaid watermelon dress she wore. Sassiness runs in the family, and the dress delivered another layer of Morrow's grandmother, the kind of lady who would dance to "The Girl from Ipanema." It was her authenticity that held me; real people and real stories are captivating."



Choreography

Full Evening

The Theorists Present: Hiraeth

Zilker Hillside Theater (Austin, TX)
<https://vimeo.com/177662626>

The Theorists Present: String Theory

Zilker Hillside Theater (Austin, TX)
<https://vimeo.com/138704340>

@Home [a portrait series]

Keshet Center for the Arts (Albuquerque, NM)
 Fort Worth Community Arts Center (Fort Worth, TX)
<https://vimeo.com/73048961>

Excerpts

Hiraeth- Wanderlust Dance Project (23 min)

The Majestic Theater (Dallas, TX)
<https://vimeo.com/176517963>

Super String Theory (18 min)

Barnstorm Dance Fest (Houston, TX)
<https://vimeo.com/174769651>

We've Been Here Before (13 min)

Dallas City Performance Hall (Dallas, TX)
 Pecha Kucha (Austin, TX)
<https://vimeo.com/170556858>

String Theory (16 min)

Tulsa Performing Arts Center (Tulsa, OK)
 Tulsa Ballet Studio K (Tulsa, OK)
 Eismann Centre (Dallas, TX)
 The Grace Street Theater (Richmond, VA)
<https://vimeo.com/140493786>

Carry On (études on effort) (10 min)

Dallas City Performance Hall (Dallas, TX)
 Detroit City Dance Festival (Detroit, MI)
 Tulsa Ballet Studio K (Tulsa, OK)
 Sam Houston State University (Huntsville, TX)
<https://vimeo.com/143667408>

TRIBE (18 min)

McCallum Fine Arts (Austin, TX)
<https://vimeo.com/162801951>

Carry On (10 min)

McCallum Fine Arts Theater (Austin, TX)
<https://vimeo.com/136690914>

A Distraction (8 min)

Zilker Hillside Theater (Austin, TX)
<https://vimeo.com/144230080>

Grosspapa (3 min)

Zilker Hillside Theater (Austin, TX)
<https://vimeo.com/144252369>

The Lady Of (9 min)

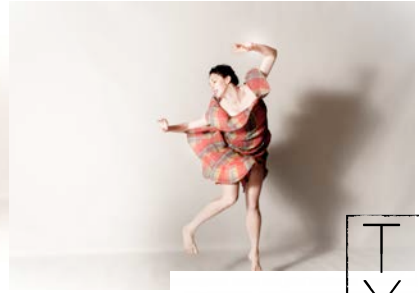
Ailey Citi-Group Theater (NY, NY)
 Sam Houston State University (Huntsville, TX)
<https://vimeo.com/115837999>

The Theorist (15 min)

La Bordelle, (Tel Aviv, Israel)
<https://vimeo.com/147526560>

All to Pieces (5 min)

Music Video by Fox and the Phoenix (Nashville, TN)
<https://vimeo.com/113985521>



Amy Morrow

Professional Biography

Amy Morrow is a teacher, choreographer, and consultant based in Austin under AM Arts. She founded TBX [Toolbox Series] to provide professional workshops and collaborations with international choreographers in Austin, Texas. TBX hosted more than 150 artists and featured eleven intensives in partnership with The University of Texas and Fusebox Festival. Workshops include professional development in Gaga, CounterTechnique®, Music & Improvisation with Idan Sharabi, Technology with Jason Akira Somma, & performance development with Deborah Hay. AM Arts manages award-winning companies such as



Idan Sharabi & Dancers (Tel Aviv, Israel), as well as the Austin-based dance collective, The Theorists. The Theorists are artist citizens who collaborate internationally to present homegrown accessible art in Austin. AM Arts was honored to produce the official reception and masterclass for the N.A. premiere of "Mr. Gaga" during SXSW 2016. The film won "audience choice award" for documentaries & supported by The Consulate General of Israel Southeast & Ballet Austin.

Trained and certified directly by Ohad Naharin to teach Gaga/dancers and Gaga/people, Morrow travels internationally teaching Gaga and Toolbox Workshops as well as Ballet and Indian Dance. She currently serves as adjunct professor at the University of Texas in Austin and McCallum Fine Arts choreographer in residency, and has taught at the Suzanne Dellal Center for Dance, the American College Dance Festival Association, Vassar College, Southern Methodist University, Texas Christian University, Texas Women's University, the University of Maryland College Park, The University of Houston, The University of New Mexico, and Emory among others and offered workshops at the American Dance Festival Scripps Studio, The Liz Lerman Dance Exchange, Hope Stone, Tapestry, Houston MET Dance, The University of Tulsa, and New Dialect among others.

Through her *Hiraeth Portrait Series* of film, music, and dance collaborations, Morrow's work has been presented in Tel Aviv, New York, Delhi, Puebla, México City, Austin, Fort Worth, Dallas, Tulsa, Albuquerque, Birmingham, Huntsville, Richmond, Detroit, and Houston. "The Lady of" portrait was selected as one of Arts and Culture's standouts for the 2015 season, noted by Nancy Wozny as "a sassy mix of precision and abandon, something we rarely see on contemporary dance stages." The Dance Dish raved the performance as an autobiographical breath of fresh air. "It was her authenticity that held me; real people and real stories are captivating." *Hiraeth's* "spine-tingling finale" (Dallas Morning News) premiered July 2016 at the Majestic Theater reviewed as a "delightful mess...ends brilliantly with all 55 dancers dancing in the aisles" (Theater Jones). Avant Chamber Ballet commissioned her for the inaugural Women's Choreographic Voices series, debuting *String Theory* in collaboration with Dallas Symphony members. It was noted as "the most emotional work, making clever use of the title prop (Dallas Morning News) and "magic...making the biggest splash...seldom do we see a work so fascinating" (Theater Jones). *String Theory* and *Super String Theory* have since toured Tulsa's PAC as well as Tulsa's Ballet's Studio K, Zilker Hillside Theater, Fort Worth Modern, Houston's Barnstorm, and Richmond, VA.

Morrow graduated from Belhaven University with a B.F.A. Dance Honors. Her senior thesis, Contextualizing Art Cross-Culturally, presenting dance to diverse audiences in unconventional venues and was a collaborative process with mentor Jesse Zaritt. Morrow was awarded scholarships to study choreography and improvisation techniques at the Nikolais/Louis Legacy Workshop directly under Murray Louis and Phyllis Lamhut. Morrow has received the Artful Dance Scholarship from the Dance Council of North Texas, Austin Emerging Arts Leadership Award, and Community Initiatives fund from the Cultural Arts Division in Austin, TX to produce "HIRAETH," her latest full-length collaboration between The Theorists community members of diverse backgrounds, abilities, and ages.



Mr. Gaga, a documentary by Tomer Heymann

For more than 30 years, the acclaimed Israeli choreographer, Ohad Naharin, refused to allow a camera inside his studio. Finally, in 2006, director Tomer Heymann earned his friend's trust and proposed that they begin a journey together. For the next seven years, the director and his crew followed Naharin and the Batsheva Dance Company to eight countries, collecting over 650 hours of footage. The reels reveal intimate moments in the studio, Naharin's unique artistic process, dance philosophy, and personal life, as well as rare archival materials.

Mr. Gaga dispels the mystery around the man named Ohad Naharin, peeling back the layers to truly understand the connection between his complex personal biography and the art that touches so many hearts around the world. Premiering this spring of 2014 in conjunction with the 50th anniversary of the Batsheva Dance Company, this substantial feat commemorates one of the most unprecedented cultural figures in Israel.

Screenings + Classes

Mr. Gaga premiered in North America at SXSW March 11-15, 2016 in Austin, TX. The screening also included a Gaga/people Master Class with Amy Morrow. Contact amy@amarts.org for future screening/masterclass opportunities.

What People are Saying

"One of the most important choreographers in the world."

-The New York Times

"Ohad Naharin draws the best dancers in the world...I have never seen such a combination of beauty, energy, and skill."

-Mikhail Baryshnikov

"It is very exciting that Ohad is allowing filmmakers into the studio for the first time."

-Natalie Portman