



The Center for Creative Release
221 East Third Avenue, Tallahassee, FL 32303
PRESENTS
Kinaesthetics and Friends



Production Staff:

Co-Founders/Co-Owners of the Center for Creative Release: Tom Stratton and Owen Provencher

Director/Organizer: Dr. Caroline (Kay) Picart

Photography: Peggy Bryant, S-Fly Photography

Publicity: Tom Stratton and Owen Provencher; The Dr. Picart Show:

www.drpicart.com

Staff Support: Kelly Karst, Shawn Marie Price

Paintings, Prints & Postcards by: Kinaesthetics, LLC:

www.kinaestheticssportasart.com

Note to the Audience: Please turn off all cell phones, pagers and other devices that may distract the dancers and the audience. Please use the intermission to examine the paintings, prints and postcards by Kinaesthetics, LLC (www.kinaestheticssportasart.com). Social dancing during the reception that will follow the show will also be encouraged. “Kinaesthetics and Friends” will involve not only the active movement of the performers, but the audience as well.

PROGRAM



Welcome Remarks: Dr. Caroline (Kay) Picart
Introduction of the Co-Founders/Co-Owners
of the Center for Creative Release,
Tom Stratton and Owen Provencher.

Jim and Carolyn Terrell, both natives of Arkansas, have lived in Tallahassee for 27 years. Jim is a chiropractor; Carolyn is a nurse. They became interested in learning to dance three years ago, and are continuing to learn.

Sue Tucker is an Official Zumba Instructor and an AFAA certified Group Exercise instructor with over 11 years experience. Sue and her husband Howell were the first certified instructors in Tallahassee.

Zumba® Fitness was created in the mid-90’s by Colombian native Alberto “Beto” Perez, a celebrity fitness trainer and choreographer for International pop superstars. Inspired by the traditional cumbia, salsa, samba and merengue music he grew up with, Beto paired his favorite pulsating Latin rhythms with the red-hot international dance steps his clients loved and Zumba® Fitness (Spanish slang for “to move fast and have fun”) was born!

Since Beto brought Zumba® Fitness to the US in 1999, it has become one of the fastest-growing, dance-based fitness crazes in the country, with people of all ages falling in love with its infectious music, easy-to-follow **Dr. Alex Penn Williams and Dubravko Kakarigi** started dancing together about three years ago. They love to perform, but also to dance tango socially. Alex and Dubravko take every opportunity to enrich their own Argentine Tango dancing through further formal studies and their own creative explorations. They find it fulfilling to spread love of tango to all those who are open to it.

Dr. Alex Penn Williams is a native New Yorker whose passion for dance has followed her throughout her life and throughout the world. After graduating from the National Academy of Ballet and Theatre Arts High School in New York City, Alex continued her dance training at the American Ballet Theater School and at the Dance Center in London. She then pursued a professional career in the Ballet, dancing at the Metropolitan Opera House in NYC with visiting ballet companies such as the Royal, the Bolshoi and the Stuttgart among others. She was a regular guest artist with the Fairlawn Ballet Company in New Jersey.

Dubravko Kakarigi is a native of Dubrovnik, Croatia (former Yugoslavia) where he learned his first tango steps over 40 years ago from his mother. He took a long hiatus from dancing tango until 2004 when he took his first formal lessons. Combined with his life-long love of tango music, that became a turning point in his dancing life. He got the bug! A few months after that first lesson, Dubravko took a trip to Buenos Aires to study dancing from the masters and also to learn about the culture that gave rise to tango. He returns to Buenos Aires once or twice a year where he submerges himself into living like a milonguero. Dubravko teaches tango both privately and in group lessons.

Jazzercise was created by Judi Sheppard Missett, and is the world's leading dance-fitness program with more than 7,500 instructors teaching 32,000 classes weekly worldwide. **Anne Knox** is a certified instructor.

Kahu Ahi (Polynesian Dance Group) - Kini and Kamalie are two featured dancers of "Kahu Ahi" (which means "Fire Builder"). They have been performing Hula and Tahitian together for many years. Kahu Ahi recently won 2nd place, in the Adult Small Group Division in the Azalea Folk Festival World Dance Competition in 2009.

Melinda Patrick Cowen, PhD (Kamalie) and **Jeneane Carter** (Kini) dance Polynesian for the World Dance Company in Tallahassee, Florida under the troupe name of Kahu Ahi (Fire Builder). Kamalie is a dance instructor, choreographer, and performer who also directs Kahu Ahi. She has visited Hawaii after being awarded a cultural grant to study Hawaiian dance and culture in 2005. She has danced Polynesian with troupes and solo for over 11 years. Kini was born in Michigan and raised in Hawaii. She returns to Hawaii to study the culture regularly. She has performed Polynesian dance with troupes and solo for several years in Hawaii and on the mainland. Kini has modeling experience and has appeared in film and television.

Cody and Gena McDaniel reside in Sneads, Florida. Gena grew up taking tap, jazz, and ballet classes and is also active in Zumba Fitness. Cody owns and operates a small business. This is his first foray into the dance world.

Rick and Cindy Pellin began their dancing career in 2005 and with no prior experience, they went to their first competition just three months later. They did extremely well and fell in love with the world of ballroom dance and have never left it. They now do one to two competitions every month all over the country and also do show dances for charities and other local events. They are, arguably, Tallahassee's most visible and successful amateur DanceSport athletes.

Gerardo (Jerry) Rivera began his career as a distinguished Police Officer and Detective with the Metro-Dade Police Department in Miami, Florida. Upon retirement, Mr. Rivera moved to Tallahassee and enrolled in the Florida State University College of Law. After graduating in 2000, he worked both in private practice and in the public sector. Mr. Rivera currently has his own consulting firm that specializes in Equal Employment Opportunity Law and criminal and civil case evaluations. He was drawn to dance because of his Love for his wife, Caroline Picart.

Maurice Smith has taught dance at several major franchise studios and independent studios in San Francisco, New York City and Cincinnati, and has been teaching in Tallahassee for the past six years.

1.) **Modern/Jazz/Capoeira Solo by Tom Stratton**

Choreographer: Tom Stratton

2.) **Newcomer Foxtrot by Cody and Gena McDaniels**

Choreographer: Dr. Picart

3.) **Mid-Eastern Dances** (Egypt, Morocco, Lebanon, Persia, Turkey and more!) **by Firestorm**

Choreographer: Amaya, a famous Mid-Eastern dancer who teaches internationally

4.) **Bronze level Bolero by Jim and Carolyn Terrell**

Choreographer: Dr. Picart

5.) **Rumba by Rick and Cindy Pellin, Tallahassee's most visible amateur DanceSport athletes**

Choreographer: Rick and Cindy Pellin's Latin coach

6.) **Jazzercise by Anne Knox**

Choreographer: Judi Sheppard Missett

15 MINUTE INTERMISSION : Please use the time to browse over paintings and look over the prints and postcards for sale.



7.) Polynesian Dances by Kahu Ahi (which means “Fire Builder,” featuring Kini and Kamalie, who recently won second place in the Adult Small Group Division of the Azalea International Folk Fair, Georgia’s official international festival in March

2009). Choreographer: Keith Awai, Cultural Performance Manager of the Polynesian Cultural Center in Hawaii

8.) Bronze Level Waltz by Jim and Carolyn Terrell

Choreographer: Dr Picart

9.) Theatrical Bolero by Rick and Cindy Pellin, Tallahassee’s most visible amateur

DanceSport Athletes

Choreographers: Dr. Picart, Rick and Cindy Pellin

10.) Argentine Tango by distinguished Tango dancers, Dubravko Kakarigi and Dr. Alex Penn Williams

Choreographers: Dubravko Kakarigi and Dr. Alex Penn Williams

11.) Zumba Dance-exercises with Ms. Sue Tucker and the Zumba Junkies

Choreographer: Alberto (Beto) Perez

12.) Cabaret Three Man Number with Dr. Picart, 2006 US Open Champion, with

Jerry Rivera, Tom Stratton and Maurice Smith

Choreographer: Dr. Picart, with inputs from Tom Stratton, Maurice Smith and Jerry Rivera

**FINAL BOWS BY ALL PERFORMERS
RECEPTION AND LIVE BAND TO FOLLOW THE
PERFORMANCES**

Biographical Profiles:

Director of the Show

Dr. Caroline (Kay) Picart, choreographer and DanceSport athlete, is a philosopher and former molecular embryologist educated in the Philippines, England, and the U.S.. After 21 years as a professor, teaching across the Philippines, South Korea and various parts of the U.S. (and authoring 13 books), she resigned in 2008, en route to law school. She continued to develop her own dance and art company, Kinaesthetics, LLC (<http://www.kinaestheticssportasart.com>), which she began in 2005. From 2002-2008, Dr. Picart scripted, directed and

and performed in FSU 4 TV’s “Global Gatherings,” a TV show that spotlighted dance and culture; in 2009, she became an invited judge to the Azalea International Folk Fair’s World Folk Dance Competition, Georgia’s official international festival. Her most recent business venture is a radio show (<http://www.drpicart.com>), which in 9 months, has been picked up by 56 national/international affiliates. She has been trained as a ballet dancer for 16 years, and has training in Philippine and Korean folk dance, as well as Hawaiian dancing, and has been involved with ballroom, as a competitor and performer since 1991, across England, South Korea and various parts of the U.S. She has won numerous gold, silver and bronze level awards in Arthur Murray and Fred Astaire competitions and has trained with world and national champions like Vivienne Ramsey, Hanna Kartunnen and Victor da Silva, Eric Luna and Georgia Ambarian, Shirley Johnson, Bruno Collins, and Michael Chapman. In 2005, after winning second nationally with her first professional partner, barely three months after she started training in cabaret, she won second place in the US Open with world champion, Eric Luna. In 2006, after being consistently ranked second nationally, for two years, with three different professional partners, Dr. Picart won the 2006 US Open Pro Am Cabaret Championship—a division of DanceSport that combines ballroom, ballet and gymnastics. Her dance partners for this performance are: **Jerry Rivera, Maurice Smith and Tom Stratton.**

Co-Founders/Owners of the Center for Creative Release

Tom Stratton, originally from Detroit Michigan, is a visual and performing artist, who has lived for 30 years in the Tallahassee area. He has performed throughout Florida with the TCC Dance Company and is co-founder and co-owner of the Center for Creative Release: a performing arts Center in Tallahassee. His dance style is a fusion of of capoeira, modern and jazz dance. **Owen Provencher** is co-founder of The Center for Creative Release, director of BreakThrough Actors Studio, and proud parent to his 5 year old son. Provencher is an award winning actor who has appeared on stage and screen. He holds a passion for bringing the Visual and Performing Arts to a broader audience.

GUEST PERFORMERS, Alphabetically Arranged:

Firestorm is a Mid-Eastern dance group that meets at the YMCA on Apalachee Parkway every Wednesday evening at 6:30 p.m. We have been performing for over 3 years and recently participated in the Azalea International Folk Fair. The group director is Melinda Patrick Cowen, Ph.D.