

SCAD "ROCK YOUR BODY" DANCE SHOW

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By: Manya Schiess

Photographs by Gabriella Lups/ Dannie Coetzee



It was a sunny Saturday afternoon and the Fish Hoek High School foyer was buzzing with excitement and anticipation. Animated, bubbly voices surrounded me. "Rock Your Body" presented by the Sarah Cookney Academy of Dance (SCAD) was about to begin. As the eager audience members streamed into the hall, I soon realized that there was not a single seat vacant. A sold out show. One can only expect this from a performance by one of the Fish Hoek community's well-known and well-loved dance academies.

As the show progressed, it was evident that the cast was all-inclusive. Many Fish Hoek High School pupils, Fish Hoek Primary School pupils and other members of our community danced in the show. Each, beautifully choreographed, performance was accompanied by its relevant props, music, outfits and dramatic lighting. The musical score ranged from classic 80's songs such as Billy Joel's *Uptown Girl* to modern day hits like Lost Frequencie's *Are You with Me*.

The first half of the show was, mainly, made up of the younger dancers' performances; they brought the 'cute' factor to the show and they danced with confidence and budding potential. During the interval the youngest of the cast, who had completed their performances, were each carried out of the doors and home by their vast assortment of fluffly-animal-slippers. The older dances, who would mainly appear in the second half of the show, danced with intense emotion and passion. Each dance was captivating and moving. Each individual's talent and skill was evident and distinctive.

"Whenever Sarah's shows come along, my heart always seems to beat a little faster and it feels as though it beats in time with the people I share the stage and experience with. Dance helps me to express my true self in ways that words cannot. It is everything that I am and that will never change," said Lauren Stiles, a grade 11 Fish Hoek High School SCAD performer.

I, thoroughly, enjoyed the experience. The show emphasised just how diverse and talented the Fish Hoek community is and Fish Hoek High School contributes, significantly, to that; amidst our sports fields, classrooms and music rooms, there will always be a special space for learners who love to dance. It is evident that individuality this is greatly accepted, encouraged and celebrated at Fish Hoek High School.



(photographs by Danie Coetzee)



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