

**The Arts Society Mid Sussex**

# *Music and Dance Extravaganza*

## *The Art of Dance*

**At Trading Boundaries, Sheffield Park, Fletching  
TN22 3RB**

**On Tuesday 15<sup>th</sup> July 2025**

**Price £60 per person. Guests and Partners Welcome**

Two lectures accompanied by music and videos of dance  
from its beginnings to the modern day

**By Jennifer Toynbee-Holmes**



Jennifer Toynbee-Holmes is an experienced guide at Tate Britain and Tate Modern and lectures at various art societies and institutions. She has a special interest in British and European art of the late 18th, 19th and early 20th century. Having gained an MA in film and television practice, Jennifer had a career spanning fifteen years as a television producer/director making documentaries and factual programmes for the BBC, (including 'Tomorrow's World'), ITV and Channel 4. She was also a visiting lecturer at Goldsmiths College and Birkbeck, University of London and a senior lecturer at Southampton Solent University in the Faculty of Media, Arts and Society.

### **The Art of Dance**

Since the birth of the earliest human civilisations, dance has been an important part of ceremony, rituals, celebrations, a method of healing and a means of expression and entertainment. Using stills and video clips we take a look at dance as an art form from its earliest beginnings; through the birth and rapid development of ballet throughout Europe, the explosion of modern dance in the early 20th century a time of unprecedented creative growth for dancers and choreographers and with the growth of post-modernism from the 1960s, the expansion of street dance, hip-hop, break dancing and rock dance.

**LECTURE 1 THE ART OF BALLET** Ballet originated in the Italian Renaissance courts in the 15th century and when Catherine Medici an Italian noblewoman married the French King Henry II in 1533, she brought Ballet to the French court. A century later, King Louis XIV, a passionate dancer, popularised and standardised the art form and in 1661 he founded the Royal Academy of Dance, the popularity of ballet soared in Russia in the late 19th century when Russian choreographers and composers took it to new heights. And in the early 20th century, Sergei Diaghilev went beyond the confines of classical ballet fusing together the latest in art, music and dance in spectacles that dazzled and astonished audiences around the world. George Balanchine changed ballet even further when he created neo-classical ballet, and he was the greatest innovator of the contemporary "plotless" ballet. Today, ballet is multi-faceted. Classical forms, traditional stories and contemporary innovations intertwine to produce the character of modern ballet. In this lecture we'll take an exciting and colourful look at ballet from its origins to modern day ballet bringing it alive with video clips and music as well as stills.

**LECTURE 2 THE ART OF MODERN DANCE** This lecture looks at the explosion of modern dance that took place during the 20th century after Isadora Duncan introduced a new free flowing form of dance at the turn of the century. Modern dance pioneers included Martha Graham, Doris Humphrey and Charles Weidman and these in turn were succeeded by post WW2 choreographers such as Merce Cunningham who broke the rules paving the way for post-modern dance from the 1960s, We'll also look at hip hop, street dancing, jazz and some extraordinary site-specific works that take us up to the present time. In all these lectures, we'll take an exciting and colourful look at the different forms of dance bringing it alive with video clips and music as well as stills.

### **Timings**

11.00 Arrival - Tea and Coffee

11.30 - 12.30 Lecture 1 The Art of Ballet

12.30 - 14.00 Lunch

14.00 - 15.00 Lecture 2 The Art of Modern Dance

To express an interest in attending the event, please contact Christine or Sue at one of the lectures or by email at [membership.midsussex@theartsociety.org](mailto:membership.midsussex@theartsociety.org)

A place at the event is succoured by payment of £60 per person (payment which should be regarded as non - refundable) to

Lloyds Bank: Account Name; The Arts Society Mid Sussex

Sort Code: 30-98-97: Account Number: 72680163 (this is a business account)

Please Reference: The Art of Dance.

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