



Horton Technique

Kat Worthington

Kat Worthington (Sauder) started her dance training in Switzerland where she received her first nationally recognized choreography award at the age of 16. After moving to Los Angeles she attended California State University Long Beach on scholarship and graduated with a BFA in dance. She performed the works of Neta Pulvermacher, Martha Graham, Douglas Nielson and Terre O'Connor, among others. In addition, Kat studied intensively in NYC and received her Horton Pedagogy Certification at the Ailey School in NYC. Kat is a staff teacher at San Francisco Dance Center/Alonzo Kings Lines Ballet and guest teacher for the SF School of the Arts (SOTA), ODC Dance Commons and Shawl Anderson Modern Dance Center in Berkeley. Before moving to San Francisco, Kat worked as an active performer and choreographer in the

New York City dance community. Together with her husband, she is currently in the process of forming her own San Francisco based dance company.



Int Tue & Th 10:00 am - 11:30 am

Beg/Int Sat 11:30 am - 1:00 pm
Wed 6:00 pm - 7:30 pm

Horton Technique Class

taught by Kat is based on the principles of the Lester Horton Technique, as taught at the Ailey School in NYC. A typical class begins standing rather than sitting, like some other modern techniques. It progresses across the floor with movement phrases, turns and jumps. The Horton Technique is designed to correct and improve the dancer's physical limitations so that they might pursue any form of dance. The class is dynamic and dramatic, develops both strength and flexibility, and works with an energy that is constantly in motion. The primary focus of many beginner level Horton studies is creating length in the spine and hamstrings. There is also an emphasis throughout all levels on developing musicality and performance qualities. As students progress, exercises become longer and more complex. Kat loves teaching this particular technique because it helps *create dancers who are long and strong.*