

SOUTHBANK CENTRE

Relaxed Sessions: Dad Dancing

On **Saturday 13 June** there is a **Dad Dancing workshop** with **Eoin McKenzie** at the **Southbank Centre**.

This document tells you what you can expect from the workshop. On the [event page](#), you can find another document about what to expect from the space.

The artists

Eoin McKenzie is the artist who will be leading this workshop.

Dan de la Motte and **Frank Wilson** are the assistant facilitators who are supporting Eoin and demonstrating some of the workshop.

Chika from BORN N BREAD is DJing and live soundtracking the workshop.

What happens in the workshop



Dad Dancing has been specifically designed for men and the children in their life, but the event is open to anyone who would like to participate with their child.



A DJ plays warm, welcoming music at a conversational volume. You are welcomed into The Clore Ballroom, Level 2, Royal Festival Hall, by Southbank Centre staff.



Large paper installations are placed around the space with song-based prompts inviting fathers and children to respond together by writing directly onto the paper.



People continue to arrive slowly, settle into the space, and begin thinking about music as memory, inheritance and connection.



The artists gather the participants and select song responses and read aloud from a microphone from the written installation.



Pair dancing

The lead artist, Eoin, leads a few short exercises to be done between pairs or small groups of adults and their children, modelled by Frank and Dan, including things like:

- Copy my walk
- Teach me your move
- Mirroring
- Holding and moving together
- Musical statues



Group dancing

Pairs join with another pair. Families teach one another their movement. A simple repeated movement begins to spread across the room.

This gradually builds into one shared collective groove: a simple repeated pattern moving through the whole space.



Conga dancing

The collective groove transforms into a whole-room conga line.



Dad dancing showcase

Participants are invited to respond on the dance floor to categories. For instance: best impression of your dad/child, boldest move. Stickers will be given out to celebrate.



Final dance: hand holding

The DJ shifts to slower music. Participants are invited to find the person they came with.



We'll finish the session saying thank you to everyone.

What will happen after the workshop



The session will come to an end. There will be no rush to leave. The space will stay quiet and the lights will stay the same for 15 minutes. You can stay in the space for as long as you like.



After 15 minutes, the curtains will be opened and members of the public may also enter the space. It might get noisier now.
