

The Belrose Theatre
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FOR IMMEDIATE RELEASE

**“Done into Dance” the spirit of Isadora Duncan
at the Belrose Theatre in San Rafael**



Done into Dance is an inspiration of Lois Flood, an East Bay dancer who has focused on interpreting and recreating the spirit of Isadora Duncan for more than 24 years.

Born in 1877 in San Francisco, Isadora Duncan was influenced by the natural beauty of California, ancient Greek art and classical music. She defied the existing traditions of dance and Society to create a revolution in dance and art, using the natural body to express the deepest human emotions. She was a towering presence, filling major European opera houses to capacity and influencing the likes of Sergei Diaghilev of the Russian Ballet and the sculptor, Auguste Rodin, who considered her to be one of his greatest inspirations. She utterly transformed the world of dance.

Flood is a solo dancer interpreting the original choreography of Isadora Duncan’s legacy. She introduces Duncan to the audience with a brief narrative on her life and her many contributions, and then illustrates them with movement.

The dances are lively, most not longer than four minutes, keeping the program moving at a steady pace. The program will include waltzes from Brahms suite, opus 39, called “The Many Faces of Love”, Tchaikovsky’s “March Slav”, (a dramatic dance) and a variety of dances using music by Schubert, Chopin and Gluck. Isadora’s choreography ranges from lyrical to dramatic to revolutionary dances. Costumes are designed of flowing silks, representative of classical Greek dress.

The production is one night only, on Saturday, July 29 at 7:00 pm at the Belrose Theatre, located at 1415 5th Avenue, San Rafael, CA 94901. Tickets are \$10.00, \$8.00 for seniors, available at the door.