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One month to go!

Final countdown to U.Dance 2019, the national youth dance festival

There is just one month to go before the youth dance event of the year. U.Dance 2019, the national youth dance festival, presented by One Dance UK in partnership with the ISTD, touches down at London's Southbank Centre on 20 and 21 July. It offers a dazzling smorgasbord of youth dance performances and workshops. The festival delivers a fantastic range of ways to participate and get dancing, as well as the opportunity to watch tomorrow's leading lights of dance from around the UK take to the stage.

Andrew Hurst, Chief Executive of One Dance UK says:

"The U.Dance national youth dance festival is an important event on the dance calendar and we are delighted to be working in partnership with the ISTD to deliver this year's event. From the regional platforms to the festival itself, U.Dance engages with more than 3,000 young dancers, encouraging them in the pursuit of excellence in dance and embarking on careers in dance, highlighting one of One Dance UK's key aspirations – to raise the profile of dance teaching and practice in all its diverse forms."

Rupert Thomson, Senior Dance & Performance Programmer says:

"We are absolutely delighted to be welcoming One Dance UK, colleagues and participants from across the UK to Southbank Centre this summer. The U.Dance events offer the opportunity for young dancers to celebrate their achievements together through a festival full of passion, energy and ambition. We look forward to welcoming everyone and ensuring that their time spent in London is truly memorable."

The weekend programme is set to inspire and enthuse any young people who love dance and includes the following exciting events.

Saturday 20 July – Events, Workshops and Performances

11:00 – 17:00 NAVADAL Competition

The rising stars of South Asian dance battle it out for a spot in the Akademi showcase in front of a panel of judges and an audience. The young dancers compete in four distinct categories: solo and group dances for ages 13 – 18 and 19 – 25. The winners of the competition have the chance to perform in the NAVADAL Rising Stars showcase following this event.

NAVADAL, meaning 'new shoots' in Hindi, is Akademi's biennial national South Asian youth dance competition, presented in partnership with Imperial Society of Teachers of Dancing (ISTD) and Centre for Advanced Training (CAT) Yuva Gati.

<https://www.southbankcentre.co.uk/whats-on/136870-udance-navadal-competiton-2019>

17:30 - 18:30 NAVADAL Rising Stars Showcase

Akademi's NAVADAL 2019 competition culminates in an exhilarating evening presenting the rising stars of South Asian dance in the UK. Specially curated by Vidya Patel, YUVA 2016 winner and BBC Young Dancer 2015 finalist, this exciting line-up showcases the NAVADAL competition winners along with four exceptionally talented dancers from Patel's peer group.

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<https://www.southbankcentre.co.uk/whats-on/135933-udance-navadal-rising-stars-2019>

18:00 – 19:00 U.Dance Pop-Up Performances

Delight in dance as young dancers from across London and the surrounding areas showcase their talents in a free early-evening performance. Dancers will perform a range of dance styles, demonstrating the variety of talent and creativity of the next generation of dancers.

You will be treated to performances from

Orpheus Performance Dance Company
Arunima Kumar Dance Company

<https://www.southbankcentre.co.uk/whats-on/136875-udance-pop-performances-2019>

19:30 - 21:30 U.Dance National Showcase

Witness the best young dance talent from across the UK perform in this explosive show. Selected from hundreds of entrants nationwide, the youth dance groups showcase the exceptional talent of the next generation of young dancers. Enjoy dance styles including contemporary, hip-hop and South Asian dance.

The groups are drawn from school dance groups, youth dance companies, private dance schools and Centres for Advanced Training. The following groups will take to the stage and perform in the Saturday showcase.

Centre for Advanced Training Trinity Laban, London
Fusion, Scotland
Mayhew School of Dance, East Midlands
Spark, Wales
Hampshire Youth Dance Company, South West
iDance Studios, London
Highgate Ballet School Choreographers Collective, London
Our Lady and St. Chad Catholic Academy, West Midlands
Del Toro School of Dance, London
Dance Syndrome, North West
National Youth Dance Company Scotland

<https://www.southbankcentre.co.uk/whats-on/135934-udance-national-showcase-2019>

Sunday 21 July – Events, Workshops and Performances

11:30 - 13:00 U.Dance on Screen

U.Dance on Screen hits BFI Southbank, the country's leading repertory cinema, for an exclusive screening of some of the best films featuring and created by young dancers.

Following a rigorous selection process, 13 eclectic films have been selected for this screening. There is also a preview of an exciting new Jazz dance documentary before its international release, and a Q&A with the production team, allowing audience members to get an insight into the process.

U.Dance on Screen is One Dance UK's opportunity to showcase youth dance beyond staged performances, into digital spaces. Part of the wider U.Dance 2019 national youth dance festival, it provides a platform for talented dance filmmakers.

<https://www.eventbrite.co.uk/e/udance-on-screen-2019-tickets-62492772565>

13:00 - 15:00 U.Dance: Youth Dance Ceilidh

Reel, jig and morris around at a day of free workshops and performances with the English Folk Dance and Song Society.

Caller Ben Moss and live musicians guide participants through the moves to the liveliest ceilidh dances – no experience needed.

Throughout the ceilidh, see an array of genres performed by groups of talented young dancers, including Fool's Gambit Morris and London Youth Folk Ensemble.

<https://www.southbankcentre.co.uk/whats-on/136874-udance-youth-dance-ceilidh-2019>

14:30 - 15:30 Young Creatives Showcase

Where next for dance? The choreographers of tomorrow present imaginative new works, the culmination of the One Dance UK Young Creatives programme. Young Creatives is a mentorship scheme that fosters the development of young choreographers working in any dance style. Full of creative potential and enthusiasm, the choreographers and their dancers have been on a journey to develop their ideas and vision.

Through partnering with a choreographic mentor, the next generation of choreographers take an idea from inception to a finished product, developing their work in classes, workshops and rehearsals. Part of U.Dance 2019, the national annual youth dance festival.

https://www.southbankcentre.co.uk/whats-on/135935-udance-young-creatives-2019?fbclid=IwAR0uw9kkToxtxQW3-17J6mM5wc_n_4yMKi1U02iLHO5Y1L5UU_KzLlaW3SA

15:30 - 17:00 Jazz Jam

You've got rhythm – tap into it at a workshop exploring the links between jazz music and dance with Tomorrow's Warriors, our resident youth jazz company. Watch demonstrations from dance experts in an interactive session and explore how jazz and tap dance share the historical and rhythmic roots of jazz music. Working with the experts, together you can draw inspiration from the live music and discover your own beats and moves.

<https://www.southbankcentre.co.uk/whats-on/136968-udance-jazz-jam-2019>

18:00 - 19:00 U.Dance Pop up Performances

Delight in dance as young dancers from across London and the surrounding areas showcase their talents in a free early evening performance. Dancers perform a range of dance styles, demonstrating the variety of talent and creativity of the next generation of dancers.

You will be treated to performances from

Steppaz
Fool's Gambit
ParaDance UK
AkomAasa

<https://www.southbankcentre.co.uk/whats-on/136875-udance-pop-performances-2019>

19:30 - 21:30 U.Dance National Showcase

Witness the best young dance talent from across the UK perform in this explosive show. Selected from hundreds of entrants nationwide, the youth dance groups showcase the exceptional talent of the next generation of young dancers.

Enjoy dance styles including contemporary, hip-hop and South Asian dance. The groups are drawn from school dance groups, youth dance companies, private dance schools and Centres for Advanced Training.

The following groups will take to the stage and perform in the Sunday showcase.

Ceyda Tanc Dance Company, South East
Srishti Yuva Culture, London
Live Love Dance, East
Drishti Dance, South East
Rubicon, Wales
Street Beat Elite, Yorkshire
Next Door Youth Dance Company, East Midlands
Dope Male, North West
Sujata Banerjee Dance Company, London
D+, North East
Colchester Sixth Form #1 Group, East
Centre for Advanced Training The Place, London

<https://www.southbankcentre.co.uk/whats-on/135934-udance-national-showcase-2019>

ENDS -

For further information, please contact Communications at One Dance UK, on 020 7713 0730, or www.southbankcentre.co.uk

You can find images here

<https://www.dropbox.com/sh/jc0ypck4pnnt7z6/AACqVN8SaACvUWzikXzQD4Sla?dl=0>

EDITORS NOTES

About U.Dance To find out more about U.Dance, view One Dance UK's [Highlights Film](#).

About One Dance UK

One Dance UK is the sector support organisation leading the way to a stronger, more vibrant and diverse dance sector. We provide one clear voice to:

- Support all those working in the sector to achieve excellence in dance performance, education and management
- Advocate for the increased profile and importance of dance in all its diverse forms and settings
- Enhance dancers' health, well-being and performance
- Identify gaps, provide opportunities and improve conditions for dance to be learnt, discussed and seen

We provide membership packages for a range of individuals and organisations to support, advise and connect people across the dance sector. Our aim is to create a workforce that is well-equipped to secure dance's prominence in the cultural landscape of the future. We do this by providing services, information and opportunities for:

Dance organisations and all dance professionals including:

- Dance artists and choreographers
- Dance teachers, educators and practitioners
- Dance managers and producers
- Dance medicine and science/research professionals
- All children and young people.

About Southbank Centre

UK's largest arts centre and one of the UK's top five visitor attractions, occupying a 17 acre site that sits in the midst of London's most vibrant cultural quarter on the South Bank of the Thames. We exist to present great cultural experiences that bring people together and we achieve this by providing the space for artists to create and present their best work and by creating a place where as many people as possible can come together to experience bold, unusual and eye-opening work. We want to take people out of the everyday, every day.

The site has an extraordinary creative and architectural history stretching back to the 1951 Festival of Britain. Southbank Centre is made up of the Royal Festival Hall, Queen Elizabeth Hall, Purcell Room and Hayward Gallery as well as being home to the National Poetry Library and the Arts Council Collection. It is also home to four Resident Orchestras (London Philharmonic Orchestra, Philharmonia Orchestra, London Sinfonietta and Orchestra of the Age of Enlightenment) and four Associate Orchestras (Aurora Orchestra, BBC Concert Orchestra, Chineke! Orchestra and National Youth Orchestra of Great Britain).