

Rocio Pez

Rocío is a dynamic and vigorous Spanish dancer who started her dance studies when she moved from Malaga to Barcelona in 2001.

She has trained in jazz and hip-hop disciplines since she was ten years old. Since then, she has participated in different groups and companies as KM.0 by Maribel del Pino and Joan Carles Valls, to Move in Vein by Sandra Jurado.

In 2011 she has graduated in Fine Arts at the Barcelona's University. Those studies gave her a lot of skills to work in an interdisciplinary way. At the same time, she continued her artistic formation and working experiences in Spain, France, Germany, and China in contemporary dance as hip-hop, popping, locking, house.

In 2014 and 2015 she has been teaching contemporary and hip-hop in the Oriol Martorell school (Institut del teatre) in Barcelona, at the same time as studying a professional career in popping, locking, house and hip-hop. Three years with theory and practice about the styles, history, moves, music, etc.

She moved to Berlin in 2016 to improve her skills and new concepts, teaching in different dance schools and learning from other teachers and styles like contemporary. There is where she realized how to adapt all the popping techniques to the contemporary dance. And how can it help her to find new ways of moves, energies, and body control.

Since 2019 she is working in two different dance professional programs for Motions Tanz&Bewegungstudio as a popping and hip-hop teacher.

Class description :

Rocio's classes are focused on the muscle work.

The combination from the contraction and the release from the popping technique are present in the whole class. Rocio loves to understand the body and play with the different qualities and techniques like pops, isolations, fix point and dime stop, that she found from the popping style and adapt them in the contemporary dance.

The classes will start with a muscle warm up, finding the way to move and isolated them. Being conscient about every muscle and how we can move it, contract it, and use it. We will use the pops (contractions) in our improvisation, learning how to use them for start the move, in between or to finish the movement.

During the class we will use the diagonals to practice in the space the techniques learned and at the end Rocio will give choreography to work on musicality, different techniques, and energies.

She loves to play and create images in the space and always working from the attempt to learn, not just finding the most beautiful moves. So, let us play and find new ways to use our body.