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# LAURA SARAH DOWDALL

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PERFORMER, CHOREOGRAPHER, FACILITATOR

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## RECENT CHOREOGRAPHY

SEA SCORES, DÚN LAOGHAIRE ARTIST STUDIOS, 2023

Body-of-water project consisting of community-engaged workshops, dance dialogues, gatherings and participatory art events, culminating in site-specific and spoken-word dance performances during summer residency as inaugural artist at the DLR Baths

FESTIVAL OF NEW MUSICAL, IRISH COMPOSERS COLLECTIVE, NOV 2022

Mentor to six composers, Facilitated workshops in Collaborative Practice + Performance, emBODY Lab + Open Jam, Performance of an evening of new works by the composers

GLIMPSE, OCTOBER 2021

Series of dance films created during a site-specific residency inspired by the story and beauty of Darraghville House- a Victorian home, school house and walled garden.

EMBODIED NATURE, SEPTEMBER 2020

Site-specific woodland performance about the organic nature of the body, decomposition and environmental impact, collaboration Kirkos Ensemble for Biosphere Festival.

PROX-IMIT, OCTOBER 2019

Spoken word and dance performance in interactive space where audience adapt and construct the evolution of the performance and its presentation.

BODY NOISE, FEB-DEC 2018

Year long project collaboration with Kirkos Contemporary Music Ensemble based on the experimental Fluxus Movement, performance in December 2018 in Temple Bar Gallery.

AISTEACH, JUNE- SEPT 2018

Solo and group performance as part of gallery installation in collaboration with International Composer/ Vocalist Jennifer Walshe performed at the Model Gallery, Sligo.

RUNNING BLIND 2017- RESIDENCY PERFORMANCE

Tactile, immersive installation of dance, exploring vulnerability, freedom and the language of touch. Accessible to blind participants. Performed at RUA RED, August 2017.

'ELAN', NOV 2016

Screen Dance collaboration with New York Based Photographer/ Director Kyle Tunney

'KEEP' GERMANY, AUG 2016

Duet with choreographer Ilana Reynolds (USA), premiered at Submerge Dance Festival.  
Interactive performance engaging audience in the composition of "kept" moments"

'FIND YOUR ISLAND' GERMANY, JUL 2016

Exploring transitions through paradoxes of word, space & time. Developed and performed in Residency at Improv Xchange Festival with visual artist Catharine Carey (FR)

'TAKE IT' DUBLIN, JAN 2016

Dancer/Choreographer with Motherland Productions for Bantum Music Video: [Video](#)

RUNNING BLIND, IRELAND & USA, 2015- 2016

Visceral dialogue of dance, sound and sight, investigating metaphorical blindness. Performed at: Smock Alley Theatre, Dublin, Mar 2016; National Choreographic Showcase, Boston, USA, Feb 2016; Dance Theatre of Ireland; Echo Echo Dance Festival, Derry.

URBAN REFLECTS DANCE COMPANY, FRANKFURT, DEC 2015

Physical theatre performer in staged and site-specific production.

'I'LL SING YOU A SONG', AMANDA COOGAN, DUBLIN, OCT 2015

'The Passing' - durational performance as part of Coogan's retrospective exhibit at the Royal Hibernian Gallery, performed over 6 weeks during museum opening hours

"DAY OUT OF TIME", GREECE, AUG 2015

Durational performance exploring the transience of time, the evolving duet between nature, body and science. Performed during artistic residency, Hydra, Greece

'ENCOUNTERS', GERMANY, JUL 2015

Exploring frequencies, rhythms and spatial states. Performed at Dock 11 Theatre, Berlin.

'AS YET UNSPOKEN', TOM PRITCHARD, DUBLIN, JUNE 2015

Performance with international dancer/choreographer working in contemporary dance and accessible arts, Cindy Cummins and Regan O'Brien

'BETWEEN', FRANCE, JAN 2015

Screen Dance, based on the interchange of memory, presence and aspiration

'LOLITA', IRELAND, 2014 - 2015

Physical theatre production by Marie De La Gueronniere (FR). Performed at Dock Theatre- Leitrim, The Draiocht Theatre-Dublin, The Glens- Leitrim, BackLoft Theatre- Dublin

'BODIES IN URBAN SPACES', DUBLIN DANCE FESTIVAL- 2014

Site specific performance by choreographer Cie. Will Corner (AT)

## RESIDENCY PROJECTS & AWARDS

PAVILION THEATRE / DANCE LIMERICK RESIDENCY 2019

Creation of new work, investigating how performance can activate and engage space and audience giving them influence to impress upon performance in a dynamic way.

DANCER-IN-RESIDENCE, RUA RED, DUBLIN JAN-AUG 2017

Facilitated creative labs with the blind community and integrated dance workshops. Developed and performed new accessible dance work with 6 performances.

INSTANT PUDDING RESIDENCY, FRANCE- JUNE 2017

Invite to work with Artistic Collective creating site-specific and durational performance

TARA BRANDEL, CROI GLAN, JAN & FEB 2017

Artistic exchange and movement research into Contact Improv, Integrated dance and performance practices at West Cork Arts Centre, culminating with a public sharing

DANCE IRELAND TYRONE GUTHRIE RESIDENCY AWARD: SEPT 2016

Integrated Dance Research & Performance of Accessible Dance Theatre. Guest Artists: Janie Doherty (Echo Echo Dance) and Walei Sabry (Accessibility advocate who is blind from NYC). Two week research resulted in 3 public showings of interactive dance work.

TRY RESIDENCY AWARD, ISELI-CHIODI DANCE COMPANY: MAY 2016

5 day residency at the Excel Theatre, mentored by Alex Iseli.

RICEAN SCHOOL OF DANCE, GREECE - AUG 2016

Selected to attend residential exchange of international dance artists led by Michael Klein (GR) and Steve Volk (US) of the School of Social Choreography in Greece. Work developed in Residency: Bottle Blue (Screen Dance), Day Out Of Time (Durational site specific work)

IMPROV EXCHANGE RESIDENCY, GERMANY- JULY 2016

Festival Scholarship and Residency at Improv Xchange Festival, Berlin.

## ARTIST AWARDS

RESIDENCY AWARD COMMISSION, JUNE 2023, DLR BATHS ARTIST STUDIOS

RESIDENCY AWARD AT PAVILION THEATRE, DUN LAOGHAIRE RATHDOWN, 2019

COMMUNITY SPIRIT AWARD, DUBLIN BUS, 2018-2019

ARTS ACCESS GRANT WITH NCBI, DUN LAOGHAIRE RATHDOWN, 2018

NEXT GENERATION ARTIST AWARD 2017- ARTS COUNCIL OF IRELAND

RUA RED, DANCER IN RESIDENCE AWARD: 2016-2017

DANCE IRELAND MENTORED RESIDENCY AWARD: DEC 2016

DANCE IRELAND TYRONE GUTHRIE RESIDENCY AWARD: SEPT 2017

LIGHT MOVES, SCREEN DANCE SCHOLARSHIP: NOV 2016

INTERNATIONAL TRAINING, NANCY STARK SMITH: EARTHDANCE, JAN 2016

ARTIST IN THE COMMUNITY AWARD- CREATE IRELAND, 2015

'EMERGING ARTIST' - LIVE COLLISION FESTIVAL, MAY 2015

## **PROFESSIONAL DANCE TEACHING ENGAGEMENTS**

Contemporary Dance & Improvisation Technique, Performance & Collaborative Practice, emBODY labs, Movement Research, Inclusive Dance, Durational Performance and open jam sessions for artists focused on embodiment, improvisation technique, performance, collaborative practice, dramaturgical perspective and inclusive practice, for

- MOVEME! Dance Festival, Holland
- Inclusive Dance Cork- University of Cork & Firkin Crane Dance Program
- Irish Composers New Music Festival (IRL)
- Body Noise Interdisciplinary Project (IRL)
- Green Street Studios (Boston, USA)
- National Choreography Festival (USA)
- Dance Ireland, Dance Limerick, Firkin Crane Workshops & Morning Classes

## **COMMUNITY TEACHING & ARTISTIC FACILITATION**

### **DANCE FOR ALL**

Inclusive dance programs, delivered since 2017, in-person and online to all ages, integrating non-verbal, tactile & sensory tools to support accessibility & inspire creativity, for:

- Anne Sullivan Centre for the Deafblind,
- National Council for the Blind in Dun Laoghaire, North Dublin and Limerick,
- Cork Association for the Deaf,
- Children + Family workshops, Vision Sports Ireland,
- Laura Lynn Hospice for Children,
- St Joseph's House for the Deaf,
- St Michael's House for Children & Adults with additional needs
- St John of God's Outreach Centre, down syndrome and mixed ability classes

## **KIDS CREATIVE DANCE WORKSHOPS**

Focused on contemporary dance practices, improvisation, musicality and performance:

- Kids Summer Camps, Family Workshops, After School Programs + Wellness Weeks
- Crinniú na N'Og, Parent + Child Workshops, Creative Dance online (covid)
- Creative Movement Kids Classes
- Montessori School Ballet

## PROFESSIONAL TRAINING

### CHOREOGRAPHY & COMPOSITION

Sara Shelton Mann 2018 / Julyen Hamilton workshop scholarship 2016/ Rosalind Crisp 2016 / Andrew Morrish 2016/ Maya Carroll 2013-2016 / Nancy Stark Smith, 2016/ Andrew Harwood 2015, 2011 / Karen Nelson, 2015/ Nita Little, 2015/ Kirstie Simons, 2013

### EXPERIMENTAL PHYSICAL PERFORMANCE

Vincent Bozek (FR)/ Maya Carroll (IL)/ Jenny Haack (DE)/ Stephanie Skura (US)/ Tom Pritchard (UK)/ Anna Furse (UK)/ Eva Karczag (US)/ Bettina Neuhaus (DE)/ Peter Krepelsetzer (DE)/ Lily Stahl(DE)

### DANCE EDUCATION

RICEAN School of Dance, SMASH~ Berlin, Ponderosa, Tanzfabrik, Impuls Tanz~ Vienna, Scottish School of Contemporary Dance, Inchicore College, Marion Lennon School of Ballet, National Performance Arts School, Vonnie Goulding School of Ballet

## PRESS

### TATIANA LOBZA- DANCE REVIEWER

"Laura's movements were mesmerizing and flawless making you part of something special and intimate - the world you don't explore or see every day... you feel the strength and more confident steps, emotions, light and darkness, momentous joy and realization of reality. Laura is magnificent to watch.

Running Blind is beautiful in every way. It's emotional and very, very real. The production is indeed very immersive thanks to many cleverly thought out details. It uses the raw beauty of the set and live sounds to create the right atmosphere to carry you through what is a very unique experience."

### DAVID KEANE- THE REVIEWS HUB

"Dowdall's performance vacillated between ecstasy and despair, and she was a visual feast in pure flowing white. Accompanied by O'Braoin, as well as what sounded like synthetic elements, Dowdall was mesmerising and hypnotic as she expressed the dichotomy of loss and gain when the senses are disrupted.

Running Blind is an intriguing performance with Dowdall and O'Braoin being above par in their respective fields. It deftly served its purpose of highlighting the impact a change in the senses can have on a person both physically and emotionally, and did so with beauty and grace."