



# Hello, We are **Kristina & Sade** **Alleyne**

Dancers, Choreographers &  
Artistic Directors of Alleyne  
Dance

<https://www.alleynedance.com>

## **OUR JOB DESCRIPTION**

Alleyne Dance (AD) is a UK based company with an international reach, founded in 2014 by award winning dancers and twin sisters Kristina and Sadé Alleyne. The choreographic aesthetic reflects the sisters diverse background in athleticism and dance training. Within their abstract contemporary construct, Alleyne Dance blend West African, Caribbean, Hip Hop, Kathak and Circus Skills, delivered as fast paced and dynamic movement. They infuse lyrical and fluid motion, layered with rhythm and textures in physically powerful, yet graceful performances.

Alleyne Dance strives for high quality and excellence as the Company delivers its three main objectives: performance, participation and development.

Prior to founding AD, Kristina and Sadé started their careers as athletes. Shifting to dance, they trained at the BRIT School of Performing Arts and Technology 2003-05 (UK), and the Northern School of Contemporary Dance 2005-08 (UK). The sisters have performed as dance artists in renowned international companies such as Akram Khan Company, Ultima Vez, Retina, Arthur Pita and Tavaziva, IJAD Dance and Vocab Dance Company to name just a few.

## A few tips from us

- **Be your creative self.** If someone doesn't understand your idea, it might be because it has not been done before. Always trust your instincts.
- **Enjoy the process.** The process is where you learn, grow and acknowledge strengths as well as weaknesses. Enjoy the hard working stages, value the times when you feel stuck and lost.
- **Have a support network.** You don't have to do it all alone. The best thing about being Co- Artistic Directors, is that we are together creating memories and discussing ideas. Take time to find your team.

### **Artistic Director**

An artistic director is the executive of an arts organization, particularly in a theatre or dance company, who handles the organization's artistic direction. (Source - Wikipedia)

### **Choreographer**

A choreographer is someone who invents the movements in a dance and tells the dancers how to perform them. (Source - Collins Dictionary)

### **Dancer**

As a dancer, you'll use movement, gesture and body language to portray a character, story, situation or abstract concept to an audience, usually to the accompaniment of music. This typically involves interpreting the work of a choreographer, although it may sometimes require improvisation.

You can work in a variety of genres including classical ballet, modern stage dance, contemporary dance, street dance and African or Asian dance. You may perform to a live audience or take part in a recorded performance for television, film or music video.

Many dancers follow portfolio careers, combining performance with teaching, choreography or administrative work in a dance company. (Source: prospects.ac.uk).