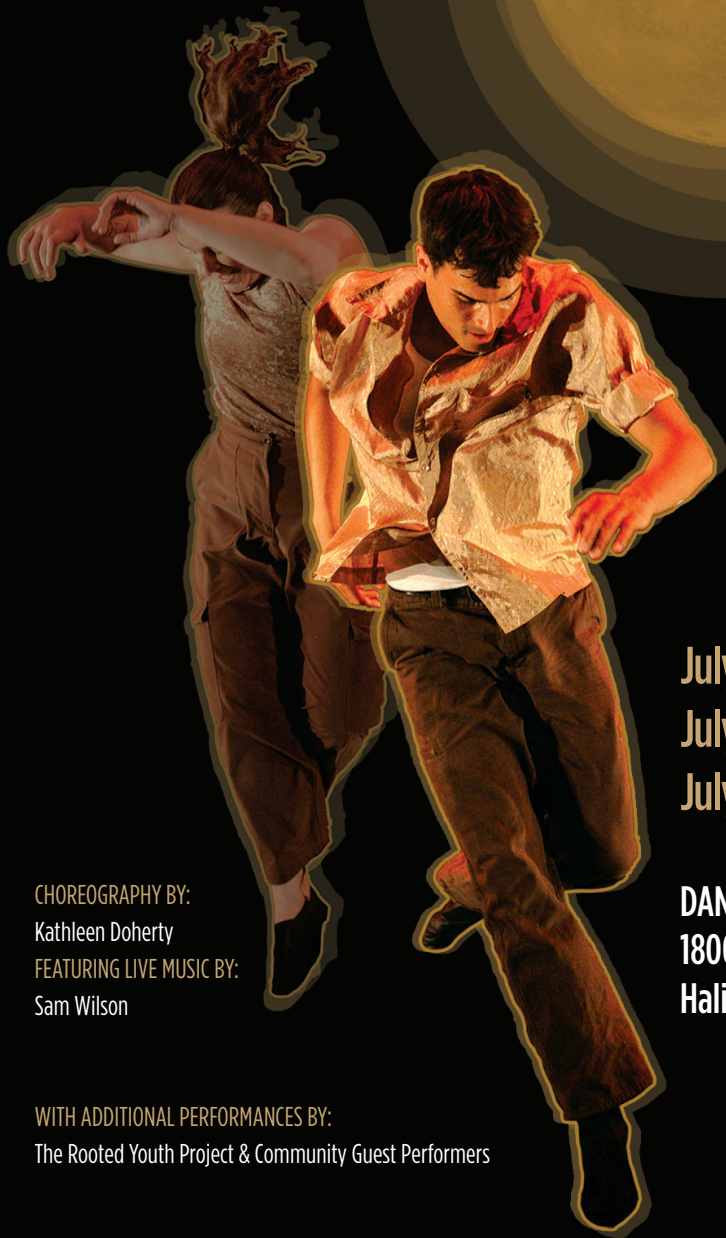


# ELEMENTAL RHYTHMS



CHOREOGRAPHY BY:  
Kathleen Doherty  
FEATURING LIVE MUSIC BY:  
Sam Wilson

WITH ADDITIONAL PERFORMANCES BY:  
The Rooted Youth Project & Community Guest Performers

July 17 @ 7:30pm

July 18 @ 7:30pm

July 19 @ 4:00pm

**DANSpace**  
1800 Argyle Street  
Halifax

# ABOUT ROOTED DANCE PROJECTS



Formally known as Votive Dance, Rooted Dance Projects was founded in 2012 by Kathleen Doherty & Stephanie Mitro. Under the Artistic Direction of Kathleen Doherty since inception, the company is based in Kijipuktuk/Halifax, and is an integral part of the Nova Scotia dance community.

Rooted Dance Projects is committed to honouring the roots of Jazz dance and other related styles in their work. The company regularly creates, produces & presents work, tours regionally, hosts workshops and classes, and engages with youth through the Rooted Youth Project.

Finding identity in a rooted jazz dance style, the company has become well known for their highly physical, rhythmic, and engaging performances. Recent creations include WHODUNIT?, BASSline, and Count Me In by Kathleen Doherty, and Don't Wake The Lions, and the light that devours her, by Catherine Hayward. The company works with live music whenever possible, and has created full length shows with original music by Sam Wilson (Elemental Rhythms), Andrew Jackson (WHODUNIT?), Tom Richards (Don't Wake The Lions) and Andrew MacKelvie (Verge).

[www.rooteddanceprojects.com](http://www.rooteddanceprojects.com)

@rooteddanceprojects

In our study and practice of Jazz, we honour this art form's African roots and history. We graciously acknowledge that Jazz is born of Black American culture and that many of us are our guests within this form.

Rooted Dance Projects acknowledges that our work takes place in Kijipuktuk, on the ancestral and unceded traditional land of the Mi'kmaw people. We are grateful to the past, present, and future caretakers of these lands and waters.

# PRODUCTION CREDITS

Artistic Director: Kathleen Doherty

Lighting Design & Technical Direction: Jess Lewis

Graphic Design: Sue Healy

Photography: Kevin MacCormack

Choreographers: Kathleen Doherty, Isaac Abriel

Composers: Caito MacDonald, Sam Wilson

Company Dancers: Isaac Abriel, Michèle King, Stephanie Mitro

Musicians: Gabriella Ciurcovich, Caito MacDonald, Sam Wilson

Youth Project Dancers: Freya Archibald, Abby Blanchard, Maeve Boyne, Kahlan Briand, Akira Brown, Olivia Charbonneau, Kaylee Evans, Natasha Haraga, Nev Holland, Julia Keyes, Fátima López, Molly MacLellan, Sophie MacMillan, Keenan Oliver, Josie Parrott, Martha Raymond, Sage Rizcallah, Mychal Sullivan, Bree Torgrimson

Guest Performers/Choreographers: The Woods Hip Hop Company, Julia Keyes, Ariel Boulos-Callias, Mychal Sullivan, MacKenzie Greenwell, with Robyn Feltham and Caito MacDonald

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## THANK YOU TO OUR SUPPORTERS



### **Additional Thanks To:**

Colm & Cillian Doherty, Sue Healy, Ann & Ian Vessey, Charley Ramsay, Amanda Stafford, Chris Van Green

# SHOW PROGRAMME

## **Count Me In (2025)**

Choreography: Kathleen Doherty, in collaboration with the artists

Music: Caito MacDonald

Performers: Isaac Abriel, Michèle King, Caito MacDonald

Count Me In is a playful way into sharing pulse and rhythm as a unit. As the artists move in and out of various time signatures and ideas together, they aim to stay connected, using sound, pulse, time and joy!

*Thank you to Isaac, Michèle and Caito for revisiting this work with me, and finding new levels of joy and play!*

## **Embrace the Unknown**

Guest Performance

Choreography & Music: Spontaneously Created by the Trio

Performers: MacKenzie Greenwell, Caito MacDonald, Robyn Feltham

The audience is encouraged to participate.

## **Immobile**

Rooted Youth Project

Choreography: Isaac Abriel, in collaboration with the dancers

Music: Colin Vallon, *Immobile*

Dancers: Freya Archibald, Abby Blanchard, Maeve Boyne, Kahlan Briand, Akira Brown, Olivia Charbonneau, Kaylee Evans, Natasha Haraga, Nev Holland, Julia Keyes, Fátima López, Molly MacLellan, Sophie MacMillan, Keenan Oliver, Josie Parrott, Martha Raymond, Sage Rizcallah, Mychal Sullivan, Bree Torgrimson

Immobile is an exploration between status quo and breaking from it. Conformity versus independence. Control versus freedom. The dancers experiment with both structured parameters and boundless improvisation, observing how each approach affects themselves, and others.

## **INTERMISSION**

# SHOW PROGRAMME

## Elemental Rhythms

Choreography: Kathleen Doherty, in collaboration with the dancers

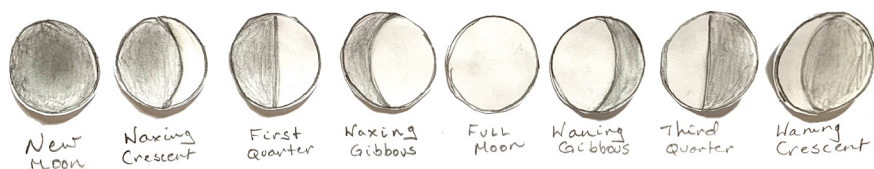
Music: Sam Wilson

Dancers: Isaac Abriel, Michèle King, Stephanie Mitro

Musicians: Gabriella Ciurcovich, Caito MacDonald, Sam Wilson

Elemental Rhythms is a jazz music and dance piece, which takes inspiration from the moon, tides, and local landscapes. With a piece of music written specifically for each phase of the moon, the piece explores growth and hope, wild full moon energy, and rest and reset.

*I am eternally grateful to this beautiful "Dream Team". What an absolute joy to work with this amazingly talented group of jazz artists <3*



Moon phase drawings by M.N.



Photo Credit: Kevin McCormack

# ARTIST BIOS



## **Kathleen Doherty • Artistic Director & Choreographer**

Kathleen Doherty (she/her) is a producer, choreographer, dance artist, and educator based in Kijipuktuk/Halifax. Kathleen co-founded Rooted Dance Projects in 2012 and has worked as Artistic Director since the company's inception. Her recent creations with Rooted include WHODUNIT?, BASSline, Count Me In, and Elemental Rhythms, and she is currently developing a brand new full length show, Not Your Average Nutcracker, which will premiere in

November 2026 at Alderney Landing Theatre. Kathleen is also the current Artistic Director of the Young Company of Halifax Dance (YoCo). Through this position, she is working to expand the community YoCo serves for young dancers, and the professional artists they engage with.

Kathleen holds a Bachelor of Commerce degree from Saint Mary's University in Halifax, and is a graduate of Decidedly Jazz Danceworks' Professional Training Program in Calgary. Kathleen loves to share her passion and knowledge for jazz dance throughout the city, and is a regular instructor with: The Maritime Conservatory, Halifax Dance, Rooted Dance Projects, and a part-time faculty member with The Fountain School of Performing Arts (Dalhousie University). Kathleen is proud to be a working artist mom to her 7 year-old son, Cillian.



## **Sam Wilson • Composer, Bandlead & Musician**

Featured on CBC's Saturday Night Jazz with Laila Biali and reviewed by The Whole Note, Rhythm Changes, Jazzmania and CultureJazz among others, Sam Wilson has been described as "an original voice" (Yves Dorison), "highly unusual... but never seems to get old in the listening" (Rick Anderson), and "able to highlight the beauty of nature" (Mario Borroni). Since studying jazz during her formative years, Wilson's sound has evolved to

incorporate elements of folk, contemporary chamber work, and other influences.



## **Caito MacDonald • Composer & Musician**

Caito Macdonald is a percussionist and composer from Dartmouth, NS. Caito's musical style is rooted in the jazz tradition, and he performs at various jazz gigs around Halifax. Caito's trio plays every Friday at the Barrington Steakhouse, and he can also be heard in the local rock/fusion band 'Under the Bus'.

# ARTIST BIOS



## **Isaac Abriel • Dancer & Youth Project Choreographer**

Isaac grew up in Kingston, Nova Scotia, where he began his dance training at Precision Dance Company. In 2018, he moved to Anaheim, California, to join Mather Dance Company's Bridge Into the Industry program and subsequently relocated to Los Angeles, where he immersed himself in the local dance scene. In 2020, he returned to Halifax, Nova Scotia, to establish himself as a professional artist, going on to perform with Rooted Dance

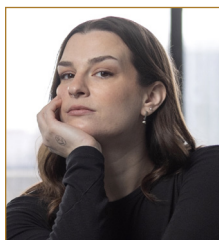
Projects in *Don't Wake the Lions*, *WHODUNIT?*, and *BASSline*; Zimmerdancers in *The Devil's Intervals*; and Mocean Dance in *Km+tkinu*. As a freelance artist, he has performed at FODAR, Saint John Contemporary Dance Festival, Kinetic Open Studio Series, and more, presenting *Blur*, co-created with Marrin Jessome. In 2023, he was commissioned by Nostos Collectives for a week-long creative residency. He has also worked as a teacher and choreographer at various dance studios in Halifax. In 2024, Isaac relocated to Calgary, Alberta, to join *Decidedly Jazz Danceworks*, and recently completed his second season with the company.



## **Gabriella Ciurcovich • Musician**

Gabriella Ciurcovich is a bassist, singer and composer based in K'ijipuktuk/Halifax. Gabriella plays in several groups around the city, ranging across folk, pop, jazz and experimental, and also writes for her songwriting project, *Popuri*. She is active in Halifax's Creative Music Workshop community and loves the interdisciplinary collaboration and self-investigation that comes with practicing improvisation. She has a BMusic in Jazz

Performance from the University of Toronto.



## **Michèle King • Dancer**

Originating from Montréal, QC, Michèle embarked on her dance journey over 25 years ago. A graduate of Concordia University's Contemporary Dance Program, Michèle returned to Nova Scotia to pursue her professional career. Michèle's choreographic endeavours, such as *"Alone Place"* (2018) and *"Cunning Folk"* (2021), have been presented by Kinetic Studio, KickTalk Productions and Rooted Dance Projects (*Votive Dance*). She has

excelled as an interpreter with Rooted Dance Projects since 2014. Recent projects, including *"Triptych"* (2023 & 2025), created by the Triptych Collective (Michèle King, Meghan Gilhespy, MacKenzie Greenwell) and *"BASSline"* (2023), choreographed by Kathleen Doherty, highlight Michèle's renewed focus on rhythm-based dance styles, particularly Jazz and Tap dance, underscoring her evolving trajectory as a versatile dance artist.



# ARTIST BIOS



## **Stephanie Mitro • Dancer**

Stephanie is an established industry professional, choreographer and dance teacher based out of Halifax, Nova Scotia, and is devoted to educating and mentoring young artists across Canada and abroad.

Stephanie is a proud graduate of TMU (previously Ryerson University) touting a BFA Degree (Theatre Performance Dance). Additionally, she is a graduate of the Professional Program,

Decidedly Jazz Danceworks (Calgary).

Stephanie is the co-founder of the professional Halifax contemporary jazz company, Rooted Dance Projects (previously Votive Dance). During her professional dance career, she performed in numerous original full length choreographic works, some including: Proven Lands (Nextfest, Atlantic Dance Festival, Soulocentric, Tour); Perspective (Connection Dance Works); Homeplace (collaboration with Pier 21), Synced Systems (Alderney Landing), This Mess Of Ours (David Norsworthy) and Don't Wake The Lions (Catherine Hayward), WHODUNIT? and BASSline (Kathleen Doherty), to name a few.



## **Jessica Lewis • Technical Direction & Lighting Design**

Jessica lives and works in Mi'kma'ki (Nova Scotia) as a Lighting Designer and Production Manager. She has taken productions across Canada, throughout the Southern States, Asia and the UK.

Selected works include: Eastern Front Theatre (The Ghost of Violet Shaw, Fat Juliet, Stages Theatre Festival, Early Stages Theatre Festival) Neptune Theatre (Come From Away, Who's Afraid of

Virginia Woolf, Little Shop of Horrors, The Play That Goes Wrong, Billy Elliot, Dickens' A Christmas Carol, A Midsummer Night's Dream), Zuppa Works (The Final Recordings of an Almost Extinct Bird, The Movements, Tiny, Slowly I Turn, How Far, How Far Away), Rooted Dance Projects (Take 5, Strike Tone, WHODUNIT?, Don't Wake The Lions), Live Art Dance (Coastal Currents).



# ARTIST BIOS

## **MacKenzie Greenwell • Guest Performer**

MacKenzie Greenwell is a tap dancer, choreographer, musician, educator, and recognized figure in Canadian tap dance. With more than 15 years of experience performing, teaching, and choreographing across Canada and internationally, he has built a career rooted in rhythm, collaboration, and artistic innovation. A passionate educator and mentor, MacKenzie has helped shape the next generation of Canadian tap artists through his commitment to fostering community and artistic excellence.

As a performer, MacKenzie toured internationally with the acclaimed production Tap Dogs, was a principal dancer with Toronto's Rhythm & Sound Tap Company, and served as choreographer for the Canadian National Team in 2018. Now based in Halifax, Nova Scotia, MacKenzie is an active force in the city's jazz and performing arts communities. He performs with the Toronto/Halifax ensemble Game.Set.Trap. and collaborated with Rooted Dance on the original production Whoddunit, which premiered in 2022 and toured in 2024.

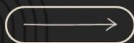
In 2023, MacKenzie co-founded Rhythmm, an organization dedicated to cultivating and expanding percussive dance throughout Atlantic Canada. His recent works explore the intersection of dance and live music, including A Tap Dance Through Time, created in collaboration with Symphony Nova Scotia, Beet Placement, a jazz-hop quartet where foot percussion takes on the role traditionally occupied by the drummer and now Embrace the Unknown exploring the endless potential of creating music and art in the moment. Whether performing on stage, creating new work, or mentoring emerging artists, MacKenzie is committed to expanding the possibilities of tap dance while building meaningful connections between movement, music, and community.



1505 Barrington St  
Halifax, NS

# DANCE CLASSES *FOR ADULTS*

Halifax Dance offers a variety of adult classes including ballet, jazz, tap, contemporary, pointe, and more! Whether you're returning to dance or trying something new, you'll find a welcoming community in our downtown studio. Find us on the MindBody app today!



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# NOT YOUR AVERAGE NUTCRACKER

Featuring choreography by  
Kathleen Doherty, and live  
music by Jackson Fairfax-Perry

November 12-14, 2026

Alderney Landing Theatre  
Dartmouth NS



Photo Credit: Kevin MacCormack