

“Instasadance” by Salvatore Nicolosi

“..., because: The stage is where you are, ...”

The first lockdown hit the dance scene hard. Not only for dancers, choreographers and directors, but also for friends of the art of dance, who likes to enjoy a live performance.

A year ago, no one could imagine how long the lockdown would last. And so, the dancers continued the intensive training via webcam at home. At the beginning everyone was motivated, because there was the hope that things would get better soon. But the longer the lockdown lasted, the amount of questions increased, and the motivation decreased with every daily training session: Is it worth it to train for a performance which might never will shown on stage? Which restrictions will come in the future? And how should you create a piece, when the safety guidelines for artists and audience change in irregular intervals? Helplessness, with no hope of getting clear answers brings artists and creators to the edge of despair.

During this time Salvatore Nicolosi, professional ballet dancer and aspiring choreographer, founded with the help of other artists “Instasadance”. The first intention was to keep people in a good mood with a Dance Workshop during a time period when it was recommended to stay inside your home to as big extent as possible. For this workshop it did not matter if the participants were professional dancers or beginners – everyone was invited. He did not expect so much participation, but the turnout was great. People from all over the world join the workshop on Instagram. And it turned out that many of them had a great experience exploring dance through this media. He decided to create “Instasadance” as a place for everyone who is interested in artistic dance. Professional dancers and dance enthusiast found inspiration and motivation and for newcomers it was a first step into the dance community.

“Instasadance” is still at the very beginning of its development, but Salvatore Nicolosi has ambitious goals to bring more supporters and new talents into the world of dance.

In dance competitions Salvatore Nicolosi teaches his own choreography and the participants can perform the steps or interpret the choreography in their own way. He wants to give everyone the opportunity to show their skills, even without high-end technical equipment or complicated video editing programs. A simple Smartphone or camera is sufficient. It is also important to keep in mind, that the video background of amazing panorama landscapes or beautiful sceneries does not matter because: The stage is where you are – whether it is in the kitchen or in the garden. The winner of these competitions receives a small financial support which should help to realize their own projects.

More information can be found on Instagram.

“Instasadance” is represented on Instagram, Facebook, Vimeo, and www.salvatorenicolosi.com.

But even if you are no dancer or artist but enjoy the art of dance, then you are invited to take a look, because Salvatore Nicolosi is happy to share works from different yet unknown artists as well as his own work with you.

Text: Mario Domenico Julier