## Clare Cook Dance Theater:

Collaboration and Empowerment



Lafayette native Clare Cook is a lifelong student of dance, one who has taken her love of the art form to the next level by opening up her own dance theater in New York City. Her dance theater is the result of a lot of hard work, passion, and talent as a dancer and an instructor. Cook is at the helm of her eponymous dance theater, which is firmly rooted in principles of collaboration, self-expression, and creativity.

movement, it's no wonder that Cook felt compelled to open up her own theater. "It became important for me to find my own voice and blend these creative processes that allowed for narrative like theater, but used dance as an integral and primary storytelling tool," Cook explains. "The Clare Cook Dance Theater began as a vehicle to explore this collaborative world. It's a dance company of professional artists coming together



"The Clare Cook Dance Theater was founded with the mission of creating and producing original dance theater projects that merge multiple art forms through artistic collaboration," says Cook. Cook has been a student of dance since the age of three. She began dancing at DeLarue Dance Centre and threw herself into every style of dance imaginable. At Saint Thomas More, she excelled on the Sparkler dance team and later minored in dance at LSU, where she performed with the LSU Dance Emsemble. After college, Cook was accepted at the prestigious Tisch School of the Arts at NYU.

With a background so steeped in dance and

to create new theatrical dance works. CCDT is currently a "project-based" company meaning each production we work on may use different dancers or collaborators, may rehearse at different times, and be performed at different venues. Each project has a different look and feel and I just love that variety."

Cook's theater is all about artistic expression and empowerment, and it differs from a typical dance studio that you might find elsewhere.

CCDT also offers educational programs such as "Great Girls Create," a program that stems from Cook's desire to encourage all ages to find their



own sense of self-expression. Cook's dance theater has something to offer everyone, from expert dancers looking for a challenging collaborative experience to young girls longing to find an empowering means of creative expression.

Cook is excited to bring her studio offerings to Lafayette. She and her husband will be returning to Lafayette where she hopes to open her unique dance theater experience to locals looking for a place to shine. •

For more information about the Clare Cook Dance Theater, please visit www.claremcook.com/clare-cook-dance-theater/.





