

# Dance

## Dance Dance Dance

Dance Dance Dance—a follow-up to *A Wild Sheep Chase*—is a tense, poignant, and often hilarious ride through Murakami's Japan, a place where everything that is not up for sale is up for grabs. As Murakami's nameless protagonist searches for a mysteriously vanished girlfriend, he is plunged into a wind tunnel of sexual violence and metaphysical dread. In this propulsive novel, featuring a shabby but oracular Sheep Man, one of the most idiosyncratically brilliant writers at work today fuses together science fiction, the hardboiled thriller, and white-hot satire.

## Cloud Dance

This book describes clouds of many shapes and sizes that drift and dance across the sky.

## Kitchen Dance

A little girl and her brother hear inviting noises from the kitchen and discover their parents dancing and singing. There's music in the air in this ideal bedtime story, with lyrical text that changes from pop ballad to a hot tango to a cozy lullaby. Full color.

## How Do You Dance?

Now in board book, a playful story urging readers to bop, bounce, and shake from the acclaimed author of *Alfie*. There are so many ways to dance! You can jiggle or wiggle or stomp. You can bop or bounce or go completely nuts. You can dance at the market or the bus stop, with your fingers or your face. You can dance because you're happy or even because you're sad. But, what's the best way to dance? Exactly how you want to! In *How Do You Dance?*, author-illustrator Thyra Heder explores dance in all of its creativity, humor, and--most of all--joy, in a celebration of personal expression that will inspire young and old readers alike to get up and get moving.

## Winter Dance

A fox wonders how he should prepare for the coming winter, but what other animals advise will not work for him until another fox comes to his aid.

## Mountain Dance

A poetic description of various kinds of mountains and how they are formed. Includes factual information on mountains.

## A Time to Dance

Padma Venkatraman's inspiring story of a young girl's struggle to regain her passion and find a new peace is told lyrically through verse that captures the beauty and mystery of India and the ancient bharatanatyam dance form. This is a stunning novel about spiritual awakening, the power of art, and above all, the courage and resilience of the human spirit. Veda, a classical dance prodigy in India, lives and breathes dance—so when an accident leaves her a below-knee amputee, her dreams are shattered. For a girl who's grown used to

receiving applause for her dance prowess and flexibility, adjusting to a prosthetic leg is painful and humbling. But Veda refuses to let her disability rob her of her dreams, and she starts all over again, taking beginner classes with the youngest dancers. Then Veda meets Govinda, a young man who approaches dance as a spiritual pursuit. As their relationship deepens, Veda reconnects with the world around her, and begins to discover who she is and what dance truly means to her.

## **The Midnight Dance**

Set against the fascinating and moody backdrop of a mysterious boarding school, this intricately crafted novel is filled with magical realism, gothic settings, and the perfect hint of romance. Seventeen-year-old Penny is a lead dancer at the Grande Teatro, a finishing school where she and eleven other young women are training to become the finest ballerinas in Italy. Tucked deep in the woods, the school is overseen by the mysterious and handsome young Master, who keeps the girls ensconced in the estate – and in the only life Penny has ever known. But when flashes of memories – memories of a life very different from the one she thinks she’s been leading – start to appear, Penny begins to question the Grande Teatro and the motivations of Master. With a kind and attractive kitchen boy, Cricket, at her side, Penny vows to escape the confines of her school and the strict rules that dictate every step she takes. But at every turn, Master finds a way to stop her, and Penny must uncover the secrets of her past before it’s too late. Debut author Nikki Katz delivers a unique and haunting twist on a classic fairy tale with *The Midnight Dance*, chosen by readers like you for Macmillan's young adult imprint Swoon Reads. Praise for *The Midnight Dance*: “Deliciously dark and twisty, taking you on a luscious ride.”—Suzanne Lazear, author of the *Aether Chronicles* series “Well-written and charming.” —Jennifer McKenzie, reader on SwoonReads.com “A beautifully written story.” —Chen Yan Chang, reader on SwoonReads.com

## **Dance, Tanya**

For use in schools and libraries only. Tanya loves ballet dancing, repeating the moves she sees her older sister using when practicing for class or a recital, and soon Tanya is big enough to go to ballet class herself.

## **Why We Dance**

Within intellectual paradigms that privilege mind over matter, dance has long appeared as a marginal, derivative, or primitive art. Drawing support from theorists and artists who embrace matter as dynamic and agential, this book offers a visionary definition of dance that illuminates its constitutive work in the ongoing evolution of human persons. *Why We Dance* introduces a philosophy of bodily becoming that posits bodily movement as the source and telos of human life. Within this philosophy, dance appears as an activity that humans evolved to do as the enabling condition of their best bodily becoming. Weaving theoretical reflection with accounts of lived experience, this book positions dance as a catalyst in the development of human consciousness, compassion, ritual proclivity, and ecological adaptability. Aligning with trends in new materialism, affect theory, and feminist philosophy, as well as advances in dance and religious studies, this work reveals the vital role dance can play in reversing the trajectory of ecological self-destruction along which human civilization is racing.

## **Shall We Dance?**

At twenty-seven, Shannon Murphy has just discovered that she has two sisters she never knew. Now, through Shannon’s loving persistence, the three of them are moving in together above her dance studio in Bridgeport. Shannon is excited to make a home with her sisters and to grow her budding business. Then she meets her newest client—he has all the right muscles, a perfect smile, and a lot of attitude. Will Shannon be able to keep things professional with this charming stranger? Dylan Lange has a lot on his mind. He’s just been assigned a new partner at his job with the Bridgeport Police, and while he’s busy striving to protect and serve his town, he’s also trying to keep his baby sister out of harm’s way while she heals from her own trauma.

And on top of everything else, he's gone and lost a bet with his buddies, forcing him to take dance lessons. But when he walks into the dance studio to meet his instructor, a young and beautiful brunette with a sweet southern drawl is the last person he expected to find. Get ready to fall in love again as Shelley Shepard Gray takes us back to Bridgeport, Ohio, where nobody gets left behind and a powerful community helps ordinary men and women to find extraordinary strength inside themselves.

## **Dancing with the Revolution**

Elizabeth B. Schwall aligns culture and politics by focusing on an art form that became a darling of the Cuban revolution: dance. In this history of staged performance in ballet, modern dance, and folkloric dance, Schwall analyzes how and why dance artists interacted with republican and, later, revolutionary politics. Drawing on written and visual archives, including intriguing exchanges between dancers and bureaucrats, Schwall argues that Cuban dancers used their bodies and ephemeral, nonverbal choreography to support and critique political regimes and cultural biases. As esteemed artists, Cuban dancers exercised considerable power and influence. They often used their art to posit more radical notions of social justice than political leaders were able or willing to implement. After 1959, while generally promoting revolutionary projects like mass education and internationalist solidarity, they also took risks by challenging racial prejudice, gender norms, and censorship, all of which could affect dancers personally. On a broader level, Schwall shows that dance, too often overlooked in histories of Latin America and the Caribbean, provides fresh perspectives on what it means for people, and nations, to move through the world.

## **Safe Dance Practice**

Every dancer of every age, ability, and style should be able to engage fully in the act of dancing and be encouraged to achieve their potential without risk of harm to the body or mind. Practical information on all aspects of safe practice that is not too simplistic or complex has not always been easy to find. Enter *Safe Dance Practice*, by Edel Quin, Sonia Rafferty, and Charlotte Tomlinson. With nearly 60 years of collective experience in the dance profession as creative artists, teachers, and researchers, the authors translate extensive research and evidence-based practice in order to present the principles of safe practice that are essential to any dance experience. **Guidelines in Implementing Principles** The authors offer evidence-based guidelines on implementing diverse principles in practice, informing and supporting dance practitioners in an ever-growing pool of styles and genres. These guidelines and principles are of use not only to dancers and dance educators but also to choreographers, rehearsal and company directors, and studio managers. The information is underpinned by research in dance science and applied with contextual delivery in mind, ensuring an engaging experience for those accessing the book. **Benefits to Readers** The authors guide readers in these aspects: • Facilitating a physically and psychologically safe and supportive dance environment • Understanding principles of anatomy and biomechanically sound alignment • Implementing effective physiological preparation and progression through warm-up and cool-down protocols as well as supplementary fitness and conditioning • Minimizing risk of injury and understanding injury management aligned with appropriate rest and recovery strategies • Incorporating advice on nutrition and hydration for enhanced performance and healthy dance practice • Tailoring delivery to the specific needs and demographics of participants for diverse engagement with dance • Evaluating personal practice in order to assess and monitor effective application of the principles **Holistic and Inclusive Approach** *Safe Dance Practice* takes a multidisciplinary approach to the components of dancing safely, integrating principles without compromising dancers' artistic creativity and expression. The authors examine not only the immediate variables associated with occurrence of injury but also delve into contributing factors, such as nutrition, alignment, rest and recovery, and supplementary fitness and conditioning. This comprehensive approach is evident throughout, including a dedicated chapter that will help readers apply the principles to dancers of diverse ages, standards, and physical abilities. **Features of the Book** *Safe Dance Practice* includes • diagrams that illustrate ideal and compensated alignment and posture, which readers can apply when assessing all dancers in all genres; • case studies that help readers contextualize their learning as they see it portrayed in an applied environment; • at-a-glance chapter summaries and highlighted key points to help

readers retain critical information; • cross-referencing to guide readers to related information in other areas of the book; and • sources for additional information. *Safe Dance Practice* contains 11 chapters, which can be accessed sequentially or studied in any order. The first eight chapters present environmental, anatomical, physical, and psychological principles of safe dance practice. Each chapter includes strategies and examples for putting the principles into practice in relation to dance styles and settings. Chapter 9 focuses on injury awareness and management, and chapter 10 offers guidelines on adapting the principles to a range of dance populations. Chapter 11 helps readers to understand the value of continued monitoring of their practice and includes a checklist of safe practices. Six appendixes supply a series of aids and templates to use as learning resources for ongoing professional development. This text offers pragmatic recommendations from the authors, who combine scientific fact with experience. The principles are presented in a practical fashion with many specific examples. The take-home messages, checklists, and templates make this text accessible and valuable. *Bridging the Gap Between Science and Practice Safe Dance Practice* bridges the gap between academic research and its application for dancers and educators in all levels and genres. It illuminates the principles of working safely in dance so as to support best practice and encourages all dance practitioners and leaders to better understand, communicate, and apply principles of safe dance practice. With its applied perspective on dance science, *Safe Dance Practice* will resonate with readers who want their dance experience to be factually endorsed while allowing sufficient scope for artistic expression. Such evidence-based practice will enable readers to access wider sources of information to aid their ongoing development whilst empowering them to take responsibility for their own safe dance practice and that of others with whom they interact.

## **Hoedowns, Reels, and Frolics**

In *Hoedowns, Reels, and Frolics*, old-time musician and flatfoot dancer Philip Jamison journeys into the past and surveys the present to tell the story behind the square dances, step dances, reels, and other forms of dance practiced in southern Appalachia. These distinctive folk dances, Jamison argues, are not the unaltered jigs and reels brought by early British settlers, but hybrids that developed over time by adopting and incorporating elements from other popular forms. He traces the forms from their European, African American, and Native American roots to the modern day. On the way he explores the powerful influence of black culture, showing how practices such as calling dances as well as specific kinds of steps combined with white European forms to create distinctly \"American\" dances. From cakewalks to clogging, and from the Shoo-fly Swing to the Virginia Reel, *Hoedowns, Reels, and Frolics* reinterprets an essential aspect of Appalachian culture.

## **Conditioning for Dance**

\"Conditioning for Dance features 170 imagery illustrations paired with 160 dance-specific exercises to help you maximize body-mind conditioning. The book culminates with a 20-minute, full-body workout routine designed to help you warm up, condition, and refine your dance technique.\"--Book jacket.

## **Color Dance**

The girl in red, the girl in yellow, the girl in blue, and the boy in black and white are all set to stir up the rainbow. Watch them create a living kaleidoscope, step by step by step.

## **Clock Dance**

NEW YORK TIMES BESTSELLER • A novel of self-discovery and second chances from the beloved Pulitzer Prize-winning author—Willa Drake has had three opportunities to start her life over: in 1967, as a schoolgirl whose mother has suddenly disappeared; in 1977, when considering a marriage proposal; and in 1997, as a young widow trying to hold her family together. So she is surprised when in 2017 she is given one last chance to change everything, after receiving a startling phone call from a stranger. Without fully

understanding why, she flies across the country to Baltimore to help a young woman she's never met. This impulsive decision, maybe the first one she's consciously made in her life, will lead Willa into uncharted territory—surrounded by eccentric neighbors who treat each other like family, she finds solace and fulfillment in unexpected places. A bewitching novel of hope and transformation, *Clock Dance* gives us Anne Tyler at the height of her powers.

## **I Can Dance**

Readers make dancers disco, tap, or pirouette just by wiggling their fingers. But wait! There's even more fun. In an impressive gatefold finale, readers use two sets of hands to help the dancers perform an encore. With interactive holes on every page and a satisfying touch-and-feel cover, this charming board book is the perfect way to play and read together.

## **Dance Anatomy-2nd Edition**

*Dance Anatomy* is a visually stunning presentation of more than 100 of the most effective dance, movement, and performance exercises, each designed to promote correct alignment, improved placement, proper breathing, and prevention of common injuries.

## **Everybody Can Dance! (Spanish Edition)**

Escucha la musica. Siente el ritmo. Taconea y tocs las palmas. Hagamos un gran concierto. Todos a bailar!

## **I Want to Be Ready**

A conceptual framework for understanding the development of improvised dance in late 20th-century America

## **This Is One Way to Dance**

In the linked essays that make up her debut collection, *This Is One Way to Dance*, Sejal Shah explores culture, language, family, and place. Throughout the collection, Shah reflects on what it means to make oneself visible and legible through writing in a country that struggles with race and maps her identity as an American, South Asian American, writer of color, and feminist. *This Is One Way to Dance* draws on Shah's ongoing interests in ethnicity and place: the geographic and cultural distances between people, both real and imagined. Her memoir in essays emerges as Shah wrestles with her experiences growing up and living in western New York, an area of stark racial and economic segregation, as the daughter of Gujarati immigrants from India and Kenya. These essays also trace her movement over twenty years from student to teacher and meditate on her travels and life in New England, New York City, and the Midwest, as she considers what it means to be of a place or from a place, to be foreign or familiar. Shah invites us to consider writing as a somatic practice, a composition of digressions, repetitions—movement as transformation, incantation. Her essays—some narrative, others lyrical and poetic—explore how we are all marked by culture, gender, and race; by the limits of our bodies, by our losses and regrets, by who and what we love, by our ambivalences, and by trauma and silence. Language fractures in its attempt to be spoken. Shah asks and attempts to answer the question: How do you move in such a way that loss does not limit you? *This Is One Way to Dance* introduces a vital new voice to the conversation about race and belonging in America.

## **Physics and Dance**

"A fascinating exploration of our reality through the eyes of a physicist and a dancer--and an engaging introduction to both disciplines. From stepping out of our beds each morning to admiring the stars at night,

we live in a world of motion, energy, space, and time. How do we understand the phenomena that shape our experience? How do we make sense of our physical realities? Two guides--a former member of New York City Ballet, Emily Coates, and a CERN particle physicist, Sarah Demers--show us how their respective disciplines can help us to understand both the quotidian and the deepest questions about the universe. Requiring no previous knowledge of dance or physics, this introduction covers the fundamentals while revealing how a dialogue between art and science can enrich our appreciation of both. Readers will come away with a broad cultural knowledge of Newtonian to quantum mechanics and classical to contemporary dance. Including problem sets and choreographic exercises to solidify understanding, this book will be of interest to anyone curious about physics or dance.\"--Jacket.

## **Keep It Moving**

A NEW YORK TIMES BESTSELLER One of the world's legendary artists and bestselling author of *The Creative Habit* shares her secrets—from insight to action—for harnessing vitality, finding purpose as you age, and expanding one's possibilities over the course of a lifetime in her newest New York Times bestseller *Keep It Moving*. At seventy-eight, Twyla Tharp is revered not only for the dances she makes—but for her astounding regime of exercise and nonstop engagement. She is famed for religiously hitting the gym each morning at daybreak, and utilizing that energy to propel her breakneck schedule as a teacher, writer, creator, and lecturer. This book grew out of the question she was asked most frequently: “How do you keep working?” *Keep It Moving* is a series of no-nonsense mediations on how to live with purpose as time passes. From the details of how she stays motivated to the stages of her evolving fitness routine, Tharp models how fulfillment depends not on fortune—but on attitude, possible for anyone willing to try and keep trying. Culling anecdotes from Twyla's life and the lives of other luminaries, each chapter is accompanied by a small exercise that will help anyone develop a more hopeful and energetic approach to the everyday. Twyla will tell you what the beauty-fitness-wellness industry won't: chasing youth is a losing proposition. Instead, *Keep It Moving* focuses you on what's here and where you're going—the book for anyone who wishes to maintain their prime for life.

## **Barnyard Dance!**

A bespectacled fiddle-playing cow and a pig twirling a sheep are featured in a barnyard dance. On board pages with a die-cut cover.

## **A Sense of Dance**

This fresh, inspirational approach shows how to frame the art of dance within the context of life and how to gain the tools to appreciate, discuss and write about dance as a fine art. It also helps develop creative thinking and self-expression.

## **Ballet 101**

Presents a look at the world of dance; an analysis of ballet movement, music, and history; a close-up look at popular ballets; and a host of performance tips.

## **Giraffes Can't Dance**

'Gerald was a tall giraffe whose neck was long and slim, but his knees were awfully bandy and his legs were rather slim.' Gerald would love to join in with the other animals at the Jungle Dance, but everyone knows that giraffes can't dance . . . or can they?

## **Ballerina Body**

The celebrated ballerina and role model, Misty Copeland, shares the secrets of how to reshape your body and achieve a lean, strong physique and glowing health. Misty Copeland believes \"There has been a shift in recent years in which women no longer desire the bare bones of a runway model. Standards have changed: what women do want is a long, toned, powerful body with excellent posture.\" In other words, the body of a ballerina. In her first health and fitness book, Misty will show women how to find the motivation to get healthier and stronger, and how to reshape their bodies to be lean and flexible, with step-by-step advice, meal plans, workout routines, and words of inspiration. Celebrating the importance of healthy fats and a fitness regimen based on ballet exercises, Misty shares her own time-tested exercises and an eating plan focusing on healthy fats, both of which keep her in top shape. Tips for motivation and words of encouragement as well as tips on how to keep going even when you may want to give up. An inspiring section on the importance of finding mentors, and eventually being one, plus excerpts from Misty's personal journal, round out this important book on grace and strength.

## **Ivy and Bean Book 1**

Vibrant characters and lots of humor make this a charming introduction to Ivy and Bean, two best friends who thought they'd never like each other.

## **Let's Dance!**

This rhythmic showcase of dances from all over the world features children of diverse backgrounds and abilities tapping, spinning, and boogying away! Tap, twirl, twist, spin! With musical, rhyming text, author Valerie Bolling shines a spotlight on dances from across the globe, while energetic art from Maine Diaz shows off all the moves and the diverse people who do them. From the cha cha of Cuba to the stepping of Ireland, kids will want to leap, dip, and zip along with the dances on the page!

## **Jerome Robbins, by Himself**

\"A selection of the unpublished writings, journals, and letters of Jerome Robbins, with additional texts by Amanda Vaill\"--

## **The Art of Movement**

A stunning celebration of movement and dance in hundreds of breathtaking photographs by the creative team behind NYC Dance Project. The Art of Movement is an exquisite collection of photographs by well-known dance photographers Ken Browar and Deborah Ory that capture the movement, flow, energy, and grace of many of the most accomplished dancers in the world. Featured are more than 70 dancers from companies including American Ballet Theatre, New York City Ballet, Alvin Ailey American Dance Theater, Martha Graham Dance Company, Boston Ballet, Royal Danish Ballet, The Royal Ballet, Abraham in Motion, and many more. Accompanying the photographs are intimate and inspiring words from the dancers, as well as from choreographers and artistic directors on what dance means to them.

## **Dancer from the Dance**

“An astonishingly beautiful book. The best gay novel written by anyone of our generation.”—Harper’s  
“Through the sweat and haze of longing come piercing insights – about the closeness of gay male friendship, about the vanity and imperfections of men. The more one reads the novel, we realise that what Holleran has given us is our very own queer (queerer?) Great Gatsby: its decadence, its fear, its violence, its ecstasy, its transience.”—The Guardian  
Andrew Holleran’s landmark novel of a young man's search for love and companionship in New York’s emerging gay world in the 1970s, with a new introduction by Garth

Greenwell. Young, astonishingly beautiful, and tired of living a lie, Anthony Malone trades life as a seemingly straight small-town lawyer for the decadence of New York's emerging gay scene—an odyssey that takes him from Manhattan's Everard baths and after hour discos, to lavish orgies on Fire Island and parks after dark. Rescuing Malone from a possessive lover and shepherding him through his immersion in this life of fierce joys and cheap truths is the flamboyant Sutherland, a high-camp quintessential queen. But for Malone, the endless city nights and Fire Island days are close to burning out, and despite Sutherland's abundant attentiveness and glittering world-weary wisdom, Malone soon realizes what he is truly looking for may not be found in these beautiful places, where life is crowded, and people are forever outrunning their own desires and death.

## **Dance and the Alexander Technique**

Rebecca Nettle-Fiol and Luc Vanier utilize their ten years of research on developmental movement and dance training to explore the relationship between a specific movement technique and the basic principles of support and coordination.

## **Ultimate Abs**

Ultimate Abs provides a science-based approach to abdominal training designed to help you finally achieve that long elusive six-pack. This practical guide features 130 of the most effective exercises, a host of ready-to-use programs, and proven strategies for achieving and maintaining results.

## **Dance Like a Leaf**

As her grandmother's health declines, a young girl begins to lovingly take the lead in their cozy shared autumn traditions. Poetic prose paired with evocative illustrations by Mexican illustrator Claudia Navarro make for a beautiful celebration of life and a gentle introduction to the death of a loved one.

## **Life Is Short, Don't Wait to Dance**

Highly acclaimed UCLA Women's gymnastics coach of 7 NCAA championships Valorie Kondos Field shares insights on how to use uniqueness and authenticity to achieve success. Former professional ballerina Valorie Kondos Field--or Miss Val, as she's affectionately known--has never tumbled, flipped, or even played any type of organized sports, and yet she has been able to craft a legendary coaching career through curiosity, creativity, attention to detail, and unwavering care for the overall well-being of her athletes. For Miss Val, it's not about winning and losing, it's about choreographing your life and owning the choices you make. Miss Val has shaped her UCLA Gymnastics program as a life skills class and now she's sharing those lessons with you, whether you're an athlete, business leader, or simply someone who wants to own their destiny. Miss Val's philosophies are timeless. Her coaching style is unorthodox. *Life Is Short, Don't Wait to Dance* is a thought-provoking, fun journey through the anecdotes of the 35-year career of a dancer/choreographer turned athletic coach. The book includes unforgettable stories of the Olympians and athletes with whom she's worked--including the inspirational journey of Katelyn Ohashi, whose joyful transformation under the tutelage of Miss Val was evident to the world when her perfect 10 floor routine went viral -- reaching over 100 million viewers. Other triumphs include Olympian Jamie Dantzscher, who found her confidence at UCLA and learned the tools to combat her previous abuse; and sensation Christine Peng Peng Lee, who helped the Bruins clinch the 2018 NCAA championship with back-to-back 10's. Miss Val also shares her favorite memories of her mentor, legendary basketball coach John Wooden, as well as her thoughts on Larry Nassar and the gymnastics sexual abuse scandal. Miss Val reveals how her coaching journey had a rocky start before she found her own best approach. In time she realized that her dance background wasn't a detriment, it was a gift. When she embraced this, Miss Val led the Bruins to victory. *Life Is Short, Don't Wait to Dance* is packed with great advice for anyone on a quest for success, delivered in Miss Val's reassuring and inspirational tone. She took the same approach to her breast cancer diagnosis,



explaining how she made that struggle into one of the best years of her life. For Miss Val, it's all about attitude. *Life Is Short, Don't Wait to Dance* is a powerful book that shows you how to make the leap of faith in choosing your own path to greatness.

## History of Dance

This title examines Western dance's original European roots, the ways and styles in which it has expanded and changed, and how it has grown into such an integral part of Western culture. Special features include a timeline, Art Spotlights, infographics, and fact bubbles. Aligned to Common Core Standards and correlated to state standards. Essential Library is an imprint of Abdo Publishing, a division of ABDO.

## Dance Composition

"A book which has remained seminal in its field as one of the key texts in dance education. Jacqueline Smith-Autard delves into the creative arena of dance with a logic unmatched by any other creative author in this field" *Speech and Drama* "Jacqueline Smith-Autard has made significant contributions to the development of dance in education in the UK and abroad" National Dance Teachers Association Dance composition - the discipline that translates ideas into dances - is an important part of dance education. This book, a bestseller for over twenty years, is a practical guide to creative success in dance making and is a popular textbook for all those who are interested in dance composition, from secondary school to university. This new edition includes online video resources taken from *Choreographic Outcomes*, a groundbreaking advanced technology resource pack aimed at comprehensively improving students' choreography. The book has been revised, redesigned and expanded. Reference to the online video is made throughout the book and new assignments based on the video material are included.

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