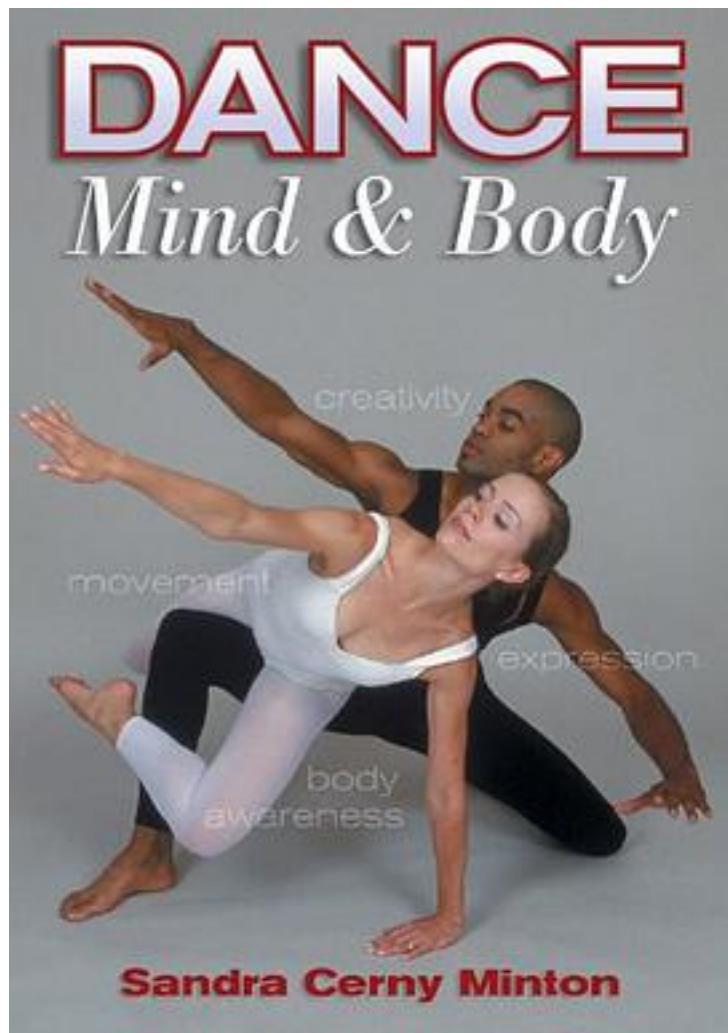


# Dance, Mind and Body



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This book aims to expand dancers' creative potential to help them improve their

technique and perform with more expression by bridging the gap between body and mind to create dances as oppose to just going through the motions. The text also increases awareness of the importance of focus, breathing, body line and shape in aesthetically communicating ideas through movement. Improvisation challenges are included at the end of each chapter to provide inspiration for combining movement phrases into longer sequences and routines. Key features include exercises with direct instructions for three different levels, complete with illustrations and a practical movement vocabulary for creating movement phrases and dances.

作者介绍:

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