

Labanotation for Beginners



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Labanotation is one of the most widely used systems of dance notation in the world today, and this elementary textbook provides practical instructions for the study of its basic principles. Students using it will examine the elements of movement and notation, and practice dances they have created themselves, as well as learn about dances created by established choreographers.

The principles of the system are presented in a sequence of clear, graded lessons, illustrated with numerous examples and supplemented with practical exercises in reading and writing, with each section of the text presenting logical progressions of exploring and recording movement. Labanotation for beginners was originally published as part of a larger book, now long out of print, Dance notation for beginners.

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