

A Body Of Work Dancing To The Edge And Back

*Dancing Women: Female Bodies Onstage is a spectacular and timely contribution to dance history, recasting canonical dance since the early nineteenth century in terms of a feminist perspective. Setting the creation of specific dances in socio-political and cultural contexts, Sally Banes shows that choreographers have created representations of women that are shaped by - and that in part shape - society's continuing debates about sexuality and female identity. Broad in its scope and compelling in its argument Dancing Women: * provides a series of re-readings of the canon, from Romantic and Russian Imperial ballet to contemporary ballet and modern dance * investigates the gaps between plot and performance that create sexual and gendered meanings * examines how women's agency is created in dance through aspects of choreographic structure and style * analyzes a range of women's images - including brides, mistresses, mothers, sisters, witches, wraiths, enchanted princesses, peasants, revolutionaries, cowgirls, scientists, and athletes - as well as the creation of various women's communities on the*

*dance stage * suggests approaches to issues of gender in postmodern dance Using an interpretive strategy different from that of other feminist dance historians, who have stressed either victimization or celebration of women, Banes finds a much more complex range of cultural representations of gender identities.*

While Jews are commonly referred to as the "people of the book," American Jewish choreographers have consistently turned to dance as a means to articulate personal and collective identities; tangle with stereotypes; advance social and political agendas; and imagine new possibilities for themselves as individuals, artists, and Jews. Dancing Jewish delineates this rich history, demonstrating that Jewish choreographers have not only been vital contributors to American modern and postmodern dance, but that they have also played a critical and unacknowledged role in the history of Jews in the United States. By examining the role dance has played in the struggle between Jewish identification and integration into American life, the book moves across disciplinary boundaries to show how cultural identity, nationality, ethnicity, and gender are formed and performed

through the body and its motions. A dancer and choreographer, as well as an historian, Rebecca Rossen offers evocative analyses of dances while asserting the importance of embodied methodologies to academic research. Featuring over fifty images, a companion website, and key works from 1930 to 2005 by a wide range of artists-including David Dorfman, Dan Froot, David Gordon, Hadassah, Margaret Jenkins, Pauline Koner, Dvora Lapson, Liz Lerman, Sophie Maslow, Anna Sokolow, and Benjamin Zemach-Dancing Jewish offers a comprehensive framework for interpreting performance and establishes dance as a crucial site in which American Jews have grappled with cultural belonging, personal and collective histories, and the values that bind and pull them apart.

#1 New York Times bestseller "Essential reading for anyone interested in understanding and treating traumatic stress and the scope of its impact on society." –Alexander McFarlane, Director of the Centre for Traumatic Stress Studies A pioneering researcher transforms our understanding of trauma and offers a bold new paradigm for healing in this New York Times bestseller Trauma is a fact of life. Veterans and their families deal with

*the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Dr. Bessel van der Kolk, one of the world's foremost experts on trauma, has spent over three decades working with survivors. In *The Body Keeps the Score*, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity. Based on Dr. van der Kolk's own research and that of other leading specialists, *The Body Keeps the Score* exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives.*

“A glimpse into the fragile psyche of a dancer.” –The Washington Post Jenifer Ringer, a principal dancer with the New York City Ballet, was thrust into the headlines after her weight was commented on by a New York Times critic, and her response ignited a public dialogue about dance and weight. Ballet

aficionados and aspiring performers of all ages will want to join Ringer behind the scenes as she shares her journey from student to star and candidly discusses both her struggle with an eating disorder and the media storm that erupted after the Times review. An unusually upbeat account of life on the stage, Dancing Through It is also a coming-of-age story and an inspiring memoir of faith and of triumph over the body issues that torment all too many women and men.

Dancing Shapes

How Do You Dance?

Instructions for Dancing

A Novel

Dancing Women

The Body in Crisis

Born into a family of successful playwrights and producers, Agnes de Mille was determined to be an actress. Then one day she witnessed the Russian ballet dancer Anna Pavlova, and her life was altered forever. Hypnotized by Pavlova's beauty, in that moment de Mille dedicated herself to dance. Her memoir records with lighthearted humor and wisdom not only the difficulties she

faced—the resistance of her parents, the sacrifices of her training—but also the frontier atmosphere of early Hollywood and New York and London during the Depression. “This is the story of an American dancer,” writes de Mille, “a spoiled egocentric wealthy girl, who learned with difficulty to become a worker, to set and meet standards, to brace a Victorian sensibility to contemporary roughhousing, and who, with happy good fortune, participated by the side of great colleagues in a renaissance of the most ancient and magical of all the arts.”

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 meditations 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.

In the last few years, concerns about dancers’ health and the consequences of physical training have increased considerably. The physical requirements and type of training dancers need to achieve to reach their highest level of performance while decreasing the rate of severe injuries has awakened the necessity of more scientific knowledge concerning the area of

dance, in part considering its several particularities. **Scientific Perspectives and Emerging Developments in Dance and the Performing Arts** is a pivotal reference source that provides vital research designed to reduce the gap between the scientific theory and the practice of dance. While highlighting topics such as burnout, mental health, and sport psychology, this publication explores areas such as nutrition, psychology, and education, as well as methods of maintaining the general wellbeing and quality of the health, training, and performance of dancers. This book is ideally designed for dance experts, instructors, sports psychologists, researchers, academicians, and students.

The Bodies of Others explores the politics of gender in motion. From drag ballerinas to faux queens, and from butoh divas to the club mothers of modern dance, the book delves into four decades of drag dances on American stages. Drag dances take us beyond glittery one-liners and into the spaces between gender norms. In these backstage histories, dancers give their bodies over to other selves, opening up the category of realness. The book maps out a drag politics of embodiment, connecting drag dances to

queer hope, memory, and mourning. There are aging étoiles, midnight shows, mystical séances, and all of the dust and velvet of divas in their dressing-rooms. But these forty years of drag dances are also a cultural history, including Mark Morris dancing the death of Dido in the shadow of AIDS, and the swans of Les Ballets Trockadero de Monte Carlo sketching an antiracist vision for ballet. Drawing on queer theory, dance history, and the embodied practices of dancers themselves, *The Bodies of Others* examines the ways in which drag dances undertake the work of a shared queer and trans politics.

Taosports for Extraordinary Performance in Athletics, Business, and Life

Dancing Revolution

A Geography From Coon to Cool

The Water Dancer

Body and Faith in the Fiesta of Tortugas, New Mexico

Swan Dive

The Body Keeps the Score

The Place of Dance is written for the general reader as well as for dancers. It reminds us that dancing is our nature, available to all as

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well as refined for the stage. Andrea Olsen is an internationally known choreographer and educator who combines the science of body with creative practice. This workbook integrates experiential anatomy with the process of moving and dancing, with a particular focus on the creative journey involved in choreographing, improvising, and performing for the stage. Each of the chapters, or "days," introduces a particular theme and features a dance photograph, information on the topic, movement and writing investigations, personal anecdotes, and studio notes from professional artists and educators for further insight. The third in a trilogy of works about the body, including *Bodystories: A Guide to Experiential Anatomy* and *Body and Earth: An Experiential Guide*, *The Place of Dance* will help each reader understand his/her dancing body through somatic work, create a dance, and have a full journal clarifying aesthetic views on his or her practice. It is well suited for anyone interested in engaging embodied intelligence and living more consciously.

AN INSTANT #1 NEW YORK TIMES BESTSELLER "A charming, wholehearted love story that's sure to make readers swoon."—Entertainment Weekly "Nicola Yoon writes from the heart in this beautiful love story."—Good Morning America "It's like an emotional gut punch—so beautiful and also heart-wrenching."—US Weekly In this romantic page-turner from the author of *Everything, Everything* and *The Sun is Also a Star*, Evie has the power

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to see other people's romantic fates—what will happen when she finally sees her own? Evie Thomas doesn't believe in love anymore. Especially after the strangest thing occurs one otherwise ordinary afternoon: She witnesses a couple kiss and is overcome with a vision of how their romance began . . . and how it will end. After all, even the greatest love stories end with a broken heart, eventually. As Evie tries to understand why this is happening, she finds herself at La Brea Dance Studio, learning to waltz, fox-trot, and tango with a boy named X. X is everything that Evie is not: adventurous, passionate, daring. His philosophy is to say yes to everything—including entering a ballroom dance competition with a girl he's only just met. Falling for X is definitely not what Evie had in mind. If her visions of heartbreak have taught her anything, it's that no one escapes love unscathed. But as she and X dance around and toward each other, Evie is forced to question all she thought she knew about life and love. In the end, is love worth the risk?

#1 NEW YORK TIMES BESTSELLER • OPRAH'S BOOK CLUB PICK • From the National Book Award-winning author of *Between the World and Me*, a boldly conjured debut novel about a magical gift, a devastating loss, and an underground war for freedom. "This potent book about America's most disgraceful sin establishes [Ta-Nehisi Coates] as a first-rate novelist."—San Francisco Chronicle IN DEVELOPMENT AS A MAJOR MOTION

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PICTURE • Adapted by Ta-Nehisi Coates and Kamilah Forbes, directed by Nia DaCosta, and produced by MGM, Plan B, and Oprah Winfrey's Harpo Films NOMINATED FOR THE NAACP IMAGE AWARD • NAMED ONE OF PASTE'S BEST NOVELS OF THE DECADE • NAMED ONE OF THE BEST BOOKS OF THE YEAR BY Time • NPR • The Washington Post • Chicago Tribune • Vanity Fair • Esquire • Good Housekeeping • Paste • Town & Country • The New York Public Library • Kirkus Reviews • Library Journal Young Hiram Walker was born into bondage. When his mother was sold away, Hiram was robbed of all memory of her—but was gifted with a mysterious power. Years later, when Hiram almost drowns in a river, that same power saves his life. This brush with death births an urgency in Hiram and a daring scheme: to escape from the only home he's ever known. So begins an unexpected journey that takes Hiram from the corrupt grandeur of Virginia's proud plantations to desperate guerrilla cells in the wilderness, from the coffin of the Deep South to dangerously idealistic movements in the North. Even as he's enlisted in the underground war between slavers and the enslaved, Hiram's resolve to rescue the family he left behind endures. This is the dramatic story of an atrocity inflicted on generations of women, men, and children—the violent and capricious separation of families—and the war they waged to simply make lives with the people they loved. Written by one of today's most exciting thinkers and writers, *The Water Dancer* is a propulsive, transcendent

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work that restores the humanity of those from whom everything was stolen. Praise for *The Water Dancer* “Ta-Nehisi Coates is the most important essayist in a generation and a writer who changed the national political conversation about race with his 2015 memoir, *Between the World and Me*. So naturally his debut novel comes with slightly unrealistic expectations—and then proceeds to exceed them. *The Water Dancer* . . . is a work of both staggering imagination and rich historical significance. . . . What’s most powerful is the way Coates enlists his notions of the fantastic, as well as his fluid prose, to probe a wound that never seems to heal. . . . Timeless and instantly canon-worthy.”—Rolling Stone

Social Partner Dance: Body, Sound, and Space is an ethnographic theory of social partner dancing built on participant observation and interviews with instructors of tango, lindy hop, salsa, blues, and various other forms. The work establishes a general analytical language for the study of these dances, based on the premise that a thorough understanding of any lead/follow form must consider in depth how it manages the four-part relationship between self, partner, music, and surroundings. Each chapter begins with a brief vignette on a distinct dance form and explores the focused worlds of partnered dancing done for the joy and entertainment of the dancers themselves. Grounded intellectually in embodiment studies and sensory ethnography,

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and empirically in ethnographic fieldwork, Social Partner Dance promotes scholarship that understands the social, cultural, and political functions of partner dance through its embodied practice.

A Philosophy of Bodily Becoming

Dancing Bodies of Devotion

Fluid Gestures in Bharata Natyam

Brain, Mind, and Body in the Healing of Trauma

Native Feminisms and the Revitalization of Women's Coming-of-Age Ceremonies

Dancing Is the Best Medicine

Black Ballerinas

"If dance itself is a way of making ideas both visual and visceral, Deborah Jowitt has discovered a literary voice in Time and the Dancing Image in which nineteenth- and twentieth-century thought, in its relation to theatrical dancing, becomes sensuous."--Sally Banes, Cornell University "The most vivid and immediately accessible serious dance book ever written. Anyone from a neophyte to an aficionado will be challenged, enlightened and delighted by Jowitt's clever juxtapositions."--Allen Robertson, Dance Editor, Time Out, London "In this brilliant book Deborah Jowitt has given us a fresh approach to dance history and criticism. Instead of seeing dance in the usual way--isolated in a windowless room, with mirrored walls--she looks to

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the society in which dance evolved. Using the ideas of contemporary artists and thinkers, she illuminates changing tastes--from the elegant, ethereal sylphs of the 1830s to the agonized characters in the dances today. For her reader, Ms. Jowitt opens both the eyes and the mind to the wonders of a many-faceted art."--Selma Jeanne Cohen, Editor, *International Encyclopedia of Dance*

*NATIONAL BESTSELLER For more than four hundred years, the art of ballet has stood at the center of Western civilization. Its traditions serve as a record of our past. Lavishly illustrated and beautifully told, Apollo's Angels--the first cultural history of ballet ever written--is a groundbreaking work. From ballet's origins in the Renaissance and the codification of its basic steps and positions under France's Louis XIV (himself an avid dancer), the art form wound its way through the courts of Europe, from Paris and Milan to Vienna and St. Petersburg. In the twentieth century, émigré dancers taught their art to a generation in the United States and in Western Europe, setting off a new and radical transformation of dance. Jennifer Homans, a historian, critic, and former professional ballerina, wields a knowledge of dance born of dedicated practice. Her admiration and love for the ballet, as *Entertainment Weekly* notes, brings "a dancer's grace and sure-footed agility to the page."* NAMED ONE OF THE BEST BOOKS OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW • LOS ANGELES

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TIMES • SAN FRANCISCO CHRONICLE • PUBLISHERS WEEKLY

An illuminating gift for the dancer in your life, this entertaining book reveals the mental and physical benefits of dance—and the scientific reasons behind why humans are designed for it. Dancing is one of the best things we can do for our health. In this groundbreaking and fun-to-read book, two neuroscientists (who are also dancers) draw on their cutting-edge research to reveal why humans are hardwired for dance show how to achieve optimal health through dancing Taking readers on an in-depth exploration of movement and music, from early humans up until today, the authors show the proven benefits of dance for our heart, lungs, bones, nervous system, and brain. Readers will come away with a wide range of dances to try and a scientific understanding of how dance benefits almost every aspect of our lives. Dance prevents and manages illness and pain: such as Diabetes, arthritis, back pain, and Parkinson's. Dance can be as effective as high intensity interval training: but without the strain on your joints and heart. Dance boosts immunity and lowers stress: it also helps reduce inflammation. Dance positively impacts the microbiome: and aids in digestion, weight loss, and digestive issues such as IBS. Dance bolsters the mind-body connection: helping us get in tune with our bodies for better overall health. We're lucky that one of the best things we can do for our health is also one of the most fun. And the

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best part: dance is something anyone can do. Old or young, injured or experiencing chronic pain, dance is for everyone, everywhere. So, let's dance! Types of dance featured in the book: Partner dance (salsa, swing dancing, waltz) Ballet Hip hop Modern Jazz Line dancing Tap dancing And more!

The celebrated ballerina and role model 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 get healthier and stronger and how to reshape their bodies to be lean and flexible with: Step-by-step advice Meal plans focusing on healthy fats Workout routines Words of inspiration, including excerpts from Misty's personal journal

Dancing the Body of Light

The Bodies of Others

My Journey in the Ballet

Dance Across the USA

A Body of Work

Ballerina Body

Time and the Dancing Image

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.

Enter the intoxicating world of performing in community with a step-by-step guide that combines practical exercises and improvisational forms. Proven methods reach out to classes, children in after-school programs, youth at risk

and culturally and socio-economically diverse groups in any setting. Create collaborative choreography based on participants' stories, histories, and the unique issues of their community. Provide enriching opportunities to give to others, to share their talents and to be seen and heard in artistic collaboration .

"Don't expect just tulle and toe shoes. In this fascinating insider's tale, NYCB dancer Pazcoguin reveals her world. . . . A striking debut." —People Award-winning New York City Ballet soloist Georgina Pazcoguin, aka the Rogue Ballerina, gives readers a backstage tour of the real world of elite ballet—the gritty, hilarious, sometimes shocking truth you don't see from the orchestra circle. In this love letter to the art of dance and the sport that has been her livelihood, NYCB's first Asian American female soloist Georgina Pazcoguin lays bare her unfiltered story of leaving small-town Pennsylvania for New York City and training amid the unique demands of being a hybrid professional athlete/artist, all before finishing high school. She pitches us into the fascinating, whirling shoes of dancers in one of the most revered ballet companies in the world with an unapologetic sense of humor about the cutthroat, survival-of-the-fittest mentality at NYCB. Some swan dives are literal: even in the ballet, there are plenty of face-plants, backstage fights, late-night parties, and raucous company bonding sessions. Rocked by scandal in

the wake of the #MeToo movement, NYCB sits at an inflection point, inching toward progress in a strictly traditional culture, and Pazcoguin doesn't shy away from ballet's dark side. She continues to be one of the few dancers openly speaking up against the sexual harassment, mental abuse, and racism that in the past went unrecognized or was tacitly accepted as par for the course—all of which she has painfully experienced firsthand. Tying together Pazcoguin's fight for equality in the ballet with her infectious and deeply moving passion for her craft, Swan Dive is a page-turning, one-of-a-kind account that guarantees you'll never view a ballerina or a ballet the same way again.

Profiles the life and career of the professional ballerina, covering from when she began dance classes at age thirteen in an after-school community center through becoming the only African American soloist dancing with the American Ballet Theatre.

The Future of Yoga

Female Bodies Onstage

New Pathways and Short Circuits in Representation

Ballet and Body Awareness for Young Dancers

Dancing Through It

Apollo's Angels

A History of Ballet

11x8.5 Hardcover Dancing Shapes provides an inside gorgeous glimpse into ballerina Konora's journey. Konora, whose career has been sidelined by Covid-19, leads readers through warm-up a basic ballet technique lesson, and an exploration of movement and form. Spectacular photos conversational style will leave your dance fan adoring the ballet heroine. While designed for children ages 6-8 to explore the details of the shapes Konora creates, preschoolers and kindergarteners enjoy trying the poses and seeing Konora in action. While older children may be less motivated to replicate the poses, they will observe and consider various dance elements. With more than fifty photos to contemplate or re-create, aspiring young dancers learn basic ballet technique and vocabulary; develop an eye for detail; explore movement concepts; increase body awareness; strengthen spatial perception and balance; celebrate gratitude, the value of practice and making healthy choices; and creative photography in nature, creative fantasy, and an array of movements and positions enhances the series' debut to inspire young dancers and ballet fans alike. At least three books in one, mini-series include About Me, Konora; Warming Up; Ballet Positions; Thinking about Details; Saying Thanks; Fancy French, Positions and Concepts Review. What Moms and Dads Said: Gorgeous! Inspiration! Dancing girls alllllll over my backyard!!! ...while looking at the cover with all those poses said, "I can do that one. I can't do that one. I can do that one. I can't do that one." Then she started trying. The pictures alone inspired her. As soon as we read something like, "Can you try..." she would get right up and try it. She lost a little steam reading through it all in one sitting, but coming back at different times and trying smaller sections was just right. She thinks the book is just right for

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[9], not too young or old feeling.

A look inside a dancer's world Inspiring, revealing, and deeply relatable, *Being a Ballerina* is a firsthand look at the realities of life as a professional ballet dancer. Through episodes from her career, Gavin Larsen describes the forces that drive a person to study dance; the daily balance dancers navigate between hardship and joy; and the dancer's continual quest to discover who she is as a person and as an artist. Starting with her arrival as a young beginner at a class too advanced for her, Larsen tells how the embarrassing mistake ended up helping her learn quickly and advance rapidly. In other stories of her early teachers, training, and auditions, she explains how she grew up to come to understand and achieve what she and her body were capable of. Larsen then re-creates scenes from her experiences in dance companies, from unglamorous roles to exhilarating performances. Working as a ballerina was shocking and scary at first, she says, recalling unexpected injuries, leaps of faith, and her constant struggle to operate at the level she wanted--but full of enormously rewarding moments. Larsen also reflects candidly on her difficult decision to retire in 2013. An ideal read for aspiring dancers, Larsen's memoir will also delight experienced dance professionals and fascinate anyone who wonders what it takes to live a life dedicated to the pursuit of the art form.

On-stage beauty. Backstage drama. As a dancer with the ultra-prestigious Manhattan Ballet Company, nineteen-year-old Hannah Ward juggles intense rehearsals, dazzling performances and complicated backstage relationships. Up until now, Hannah has happily devoted her entire life to ballet. But when she meets a handsome musician named Jacob, Hannah's universe begins to change and she must decide if she wants to compete against the other "bunheads" in the company for a soloist spot or strike out on her own in the real world. Does she dare give up the gilded conf

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ballet for the freedoms of everyday life?

Dancing with Merce Cunningham is a buoyant, captivating memoir of a talented dancer's lifelong friendship with one of the choreographic geniuses of our time. Marianne Preger-Simon's story amid the explosion of artistic creativity that followed World War II. While immersed in the vibrant arts scene of postwar Paris during a college year abroad, Preger-Simon was so struck by the unconventional dance style of choreographer Merce Cunningham that she joined his classes in New York. She soon became an important member of his brand new dance troupe--and a constant presence. Through her experiences in the Merce Cunningham Dance Company, Preger-Simon offers a rare account of exactly how Cunningham taught and interacted with his students. She describes the puzzled reactions of audiences to the novel non-narrative choreography of the company's debut performances. She also portrays the relationships among the company's dancers, designers, and musicians, many of whom--including John Cage, David Tudor, and Carolyn Brown--would become integral to the avant-garde arts movement, telling tales of their adventures and conversations in a VW Microbus across the United States. Finally, reflecting on her connection with Cunningham throughout the latter part of his career, Preger-Simon recalls warm moments that continued to characterize their enduring friendship. Her memoir is an intimate look at the early years of one of the most influential companies in modern American dance and the brilliance of its visionary leader.

Dancing and Eating Your Way to a Leaner, Stronger, and More Graceful You

We Are Dancing for You

Bodies, Space, and Sound in American Cultural History

Bunheads

Dancer

Fifty Years of the New York City Ballet

Dancing Jewish

David Hallberg, the first American to join the famed Bolshoi Ballet as a principal dancer and the dazzling artist The New Yorker described as “the most exciting male dancer in the western world,” presents a look at his artistic life—up to the moment he returns to the stage after a devastating injury that almost cost him his career. Beginning with his real-life Billy Elliot childhood—an all-American story marred by intense bullying—and culminating in his hard-won comeback, Hallberg’s “moving and intelligent” (Daniel Mendelsohn) memoir dives deep into life as an artist as he wrestles with ego, pushes the limits of his body, and searches for ecstatic perfection and fulfillment as one of the world’s most acclaimed ballet dancers. Rich in detail ballet fans will adore, Hallberg presents an “unsparing...inside look” (The New York Times) and also reflects on universal and relatable themes like inspiration, self-doubt, and perfectionism as he takes you

into daily classes, rigorous rehearsals, and triumphant performances, searching for new interpretations of ballet's greatest roles. He reveals the loneliness he felt as a teenager leaving America to join the Paris Opera Ballet School, the ambition he had to tame as a new member of American Ballet Theatre, and the reasons behind his headline-grabbing decision to be the first American to join the top rank of Bolshoi Ballet, tendered by the Artistic Director who would later be the victim of a vicious acid attack. Then, as Hallberg performed throughout the world at the peak of his abilities, he suffered a crippling ankle injury and botched surgery leading to an agonizing retreat from ballet and an honest reexamination of his entire life. Combining his powers of observation and memory with emotional honesty and artistic insight, Hallberg has written a great ballet memoir and an intimate portrait of an artist in all his vulnerability, passion, and wisdom. "Candid and engrossing" (The Washington Post), A Body of Work is a memoir "for everyone with a heart" (DC Metro

Theater Arts).

"David Hallberg, the first American to join the famed Bolshoi Ballet as a principal dancer and the dazzling artist *The New Yorker* described as 'the most exciting male ballet dancer in the Western world,' presents an intimate journey through his artistic life up to the moment he returns to the stage after a devastating injury almost cost him his career. While rich in detail ballet fans will adore, this is a book that anyone interested in a life of creativity will love. Hallberg reflects on themes like inspiration, ego, self-doubt, 'the artistic calling', and perfectionism as he takes readers into daily classes, rigorous rehearsals, and triumphant performances, searching for new inspiration and interpretations of ballet's greatest roles. He reveals the vicious bullying he endured as a child, the ambition he had to tame as a new member of American Ballet Theatre, and the reasons behind his headline-grabbing decision to be the first American to join the top ranks of the Bolshoi Ballet. Then, as Hallberg

circled the globe performing at the peak of his abilities, he suffered a crippling injury that led to two surgeries, an agonizing retreat from ballet, and the decision to commit to a radical rebuilding of his body and technique that resulted in his miraculous return to the stage as a new artist and a new man. Combining his impressive powers of observation and memory with emotional honesty and artistic insight, David Hallberg has written a thrilling dance memoir and an intimate portrait of an artist in all his vulnerability, passion, and wisdom."--Dust jacket flap.

A Body of Work Dancing to the Edge and Back Atria Books

Dance Across the USA is a collection of dancers from all over America, helping to showcase what is beautiful and inspiring in this country. Covering 22,264 miles, 163 Dancers, 90 consecutive days, 56 locations, & 50 states, Master Photographer Jonathan Givens created this project to show what really makes up America. Diversity that exists both in the physical landscape, and in the dancers who make America their home. The photographs in this book are real.

The dancers actually did what you see, in the places shown. The skies are real, the landscape is real, even the dirty feet, are real. There is no digital compositing here, nor are there any trampolines or wires. Using only Canon cameras and flashes, Jonathan quite literally went to the ends of the nation, to work with dancers ranging from 5 to 61. Professionals and amateurs, students and teachers, boys and girls, cat lovers and dog lovers, everyone and anyone was welcome. Over 3000 dancers applied to be a part of the project, and those selected for the book reflect not only the range of what makes up dance in America, but they also showed a love for this country and its wonders. Dance Across the USA is a fun, beautiful, and inspirational look at America & both its places and its people. It is our differences and our diversity that combine to make us all Americans. From the sandy Florida beaches to the rugged Washington coast, the glaciers of Alaska to Death Valley in California, diversity is the hallmark of what literally makes up America. That diversity is reflected in our

citizens, and our dancers. Join Jonathan and the Mighty Buford, as they make this historic journey, that no one has ever been crazy enough to try before.

Lessons for the Rest of Your Life

Dance to the Piper

Life in Motion

Dance for a City

Dancing Our Way Home

Being a Ballerina

The Black Dancing Body

Novelist Colum McCann's *Dancer* is the erotically charged story of the Russian dancer Rudolf Nureyev as told through the cast of those who knew him. There is Anna Vasileva, Rudi's first ballet teacher, who rescues her protégé from the stunted life of his provincial town; Yulia, whose sexual and artistic ambitions are thwarted by her Soviet-sanctioned marriage; and Victor, the Venezuelan street hustler, who reveals the lurid underside of the gay celebrity set. Spanning four decades and many worlds, from the horrors of the Second World War to the wild abandon of New York

in the eighties, *Dancer* is peopled by a large cast of characters, obscure and famous: doormen and shoemakers, nurses and translators, Margot Fonteyn, Eric Bruhn and John Lennon. And at the heart of the spectacle stands the artist himself, willful, lustful, and driven by a never-to-be-met need for perfection.

What is the essence of black dance in America? To answer that question, Brenda Dixon Gottschild maps an unorthodox 'geography', the geography of the black dancing body, to show the central place black dance has in American culture. From the feet to the butt, to hair to skin/face, and beyond to the soul/spirit, Brenda Dixon Gottschild talks to some of the greatest choreographers of our day including Garth Fagan, Francesca Harper, Meredith Monk, Brenda Buffalino, Doug Elkins, Ralph Lemon, Fernando Bujones, Bill T. Jones, Trisha Brown, Jawole Zollar, Bebe Miller, Sean Curran and Shelly Washington to look at the evolution of black dance and its importance to American culture. This is a groundbreaking piece of work by one of the foremost African-American dance critics of our day.

Why fight your way to the top when you can rise to it? Let go of the obsession to win—and you will be victorious. Acknowledge your

vulnerabilities—and turn them into strengths. Find the courage to risk failure—and begin your journey to success. That is the secret of the TaoAthlete, and in this remarkable book t'ai chi expert Chungliang Al Huang and renowned professional and Olympic sports psychologist Jerry Lynch teach you the time-honored principles of successful performance—whether on the playing field, in the office, or in your relationships. By mastering the unique strategies and mental exercises of the TaoAthelete, you'll unlock the extraordinary powers of body, mind, and spirit that will lead you to victory in any field of endeavor. Praise for Thinking Body, Dancing Mind “This gives you a positive mental perspective and provides good focus for your mind—unconscious and conscious.”—Phil Jackson, coach of the Los Angeles Lakers “Warning: If you're completely content with your life, don't read this book. But if you'd like to break through to higher levels of performance, understanding, and happiness . . . this book is magic.”—Larry Dossey, M.D., author of Meaning & Medicine and Healing Words “In six months my level of performance has grown more than in the previous ten years of athletic training. Using Taoist principles of performance has pushed me to levels I never dreamed possible.”—Steven Gottlieb, all-American 1989

**NCAA Tennis Division III champion “Bringing Eastern thought to the Western world of sport really works. . . . My game has improved immensely.”—Vince Stroth, offensive guard, Houston Oilers, NFL
“The Tao is responsible for me turning my life around, athletically and personally. I am now able to believe in myself and perform to my capability.”—Regina Jacobs, U.S. Olympic Track Team**

Get ready to bop, bounce, and shake with this board book edition of the hit picture book from the acclaimed author of Alfie and Fraidy Zoo 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?*, award-winning 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.

Drag Dances and Their Afterlives

An Unlikely Ballerina

Dancing with Merce Cunningham

The Making of a Rogue Ballerina

Dancing to the Edge and Back

Keep It Moving

Thinking Body, Dancing Mind

Dancing Bodies of Devotion: Fluid Gestures in Bharata Natyam examines how Bharata Natyam, a traditionally Hindu storytelling dance form, moves across religious boundaries through both incorporating choreography on Buddhist, Christian, Muslim, and Jain themes and the pluralistic identities of participants. Dancers traverse religious boundaries by reformulating an aesthetic foundation based on performative rather than solely textual understandings of rasa, conventionally defined as a formula for how to physically craft emotion on stage. Through the ethnographic case studies of this volume, dancers of Bharata Natyam innovatively demonstrate how the rasa of devotion (bhakti rasa), surprisingly absent from classic dance-related texts, serves as the pivotal framework for expanding on their own interreligious thematic and interpretive possibilities. In contemporary Bharata Natyam, bhakti rasa is not just about enhancing religious experience; instead, these dancers

choreographically adapt various religious identities and ideas in order to emphasize pluralistic cultural and ethical dimensions in their work. Through the dancing body, multiple religious and secular interpretations fluidly co-exist.

How will patterns of human interaction with the earth's eco-system impact on biodiversity loss over the long term--not in the next ten or even fifty years, but on the vast temporal scale be dealt with by earth scientists? This volume brings together data from population biology, community ecology, comparative biology, and paleontology to answer this question.

◆ I am here. You will never be alone. We are dancing for you.◆ So begins Cutcha Risling Baldy's deeply personal account of the revitalization of the women's coming-of-age ceremony for the Hoopa Valley Tribe. At the end of the twentieth century, the tribe's Flower Dance had not been fully practiced for decades. The women of the tribe, recognizing the critical importance of the tradition, undertook its revitalization using the memories of elders and medicine women and details found in museum archives, anthropological records, and oral histories. Deeply rooted in Indigenous knowledge, Risling Baldy

brings us the voices of people transformed by cultural revitalization, including the accounts of young women who have participated in the Flower Dance. Using a framework of Native feminisms, she locates this revival within a broad context of decolonizing praxis and considers how this renaissance of women's coming-of-age ceremonies confounds ethnographic depictions of Native women; challenges anthropological theories about menstruation, gender, and coming-of-age; and addresses gender inequality and gender violence within Native communities. Throughout American history, patterns of political intent and impact have linked the wide range of dance movements performed in public places. Groups diverse in their cultural or political identities, or in both, long ago seized on dancing in our streets, marches, open-air revival meetings, and theaters, as well as in dance halls and nightclubs, as a tool for contesting, constructing, or reinventing the social order. Dancing Revolution presents richly diverse cases studies to illuminate these patterns of movement and influence in movement and sound in the history of American public life. Christopher J. Smith spans centuries, geographies, and cultural identities as he delves into

a wide range of historical moments. These include: the God-intoxicated public demonstrations of Shakers and Ghost Dancers in the First and Second Great Awakenings; creolized antebellum dance in cities from New Orleans to Bristol; the modernism and racial integration that imbued twentieth-century African American popular dance; and public movement's contributions to hip hop, anti-hegemonic protest, and other contemporary transgressive communities' physical expressions of dissent and solidarity. Multidisciplinary and wide-ranging, Dancing Revolution examines how Americans turned the rhythms of history into the movement behind the movements.

The Place of Dance

My Journey to Our Legacy

Dancing with the Virgin

Scientific Perspectives and Emerging Developments in Dance and the Performing Arts

The Science of How Moving to a Beat Is Good for Body, Brain, and Soul

A Somatic Guide to Dancing and Dance Making

The Power and Perfection of a Dancing Life

This book -- at once personal and analytical -- explores, in vibrant detail and compelling depth, the capacity of movement to express the way that human beings experience their lives and identities. In recounting her exploration of a town in the American Southwest, Deidre Sklar examines themes common to cultures around the world."—Benjamin S. Orlove, editor of The Allure of the Foreign

From New York Times bestselling and award-winning author and American Ballet Theatre principal dancer Misty Copeland comes an illustrated nonfiction collection celebrating dancers of color who have influenced her on and off the stage. As a young girl living in a motel with her mother and her five siblings, Misty Copeland didn't have a lot of exposure to ballet or prominent dancers. She was sixteen when she saw a black ballerina on a magazine cover for the first time. The experience emboldened Misty and told her that she wasn't alone—and her dream wasn't impossible. In the years since, Misty has only learned more about the trailblazing women who made her own success possible by pushing back against repression and racism with their talent and tenacity. Misty brings these women's stories to a new generation of readers and gives them the recognition they deserve. With an introduction from Misty about the legacy these women have had on dance and on her career itself, this book delves into the lives and

careers of women of color who fundamentally changed the landscape of American ballet from the early 20th century to today.

The Body in Crisis introduces the English-speaking world to the work of leading Latin American dance scholar and philosopher of the body, Christine Greiner. The book offers an innovative set of tools with which to examine the role of moving bodies and bodily actions in relation to worldwide concerns, including identity politics, alterity, migration, and belonging. The book places the concept of bodymedium in dialogue with the work of Giorgio Agamben to investigate notions of alterity, and shows how an understanding of the body-environment continuum can shed light on things left unnamed and at the margins. Greiner's analyses draw from a broad range of theory concerned with the epistemology of the body, including cognitive science, political philosophy, evolutionary biology, and performance studies to illuminate radical experiences that question the limits of the body. Her analysis of the role that bodies play in negotiations of power relations offers an original and unprecedented contribution to the field of dance studies and expands its scope to recognize theoretical models of inquiry developed in the Global South.

Social Partner Dance

Jewish Identity in American Modern and Postmodern Dance

Why We Dance
Body, Sound, and Space