



# **Your Move: A New Approach to the Study of Movement and Dance (With Exercise Sheets)**

*Ann Hutchinson Guest*

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*Your Move: A New Approach to the Study of Movement and Dance* establishes a fresh and original framework for looking at dance. In examining the basic elements of dance - the Alphabet of Movement - and using illustrations of movement technique and notation symbols it provides a new way to see, to teach and to choreograph dance. This book gives a list of primary actions upon which all physical activity is based, focusing on both the functional and expressive sides of movement.

It draws upon the author's broad experience in ballet, modern and ethnic dance to reinterpret movement and to shed new light on the role of movement in dance. *Your Move* is an important book not only for dancers but also for instructors in sport and physical therapy. Each copy of *Your Move* comes complete with exercise sheets, which can also be purchased separately. A teacher's guide has also been designed providing notes on each chapter, approaches to the exploration of movement, interpretation of the reading studies, additional information of motif description and answers to the exercise sheets. An optional audio cassette, with music written and recorded especially for use with the book, is also available.

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