



Dance Imagery for Technique and Performance

Eric Franklin

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Whether used alone or as a companion to *Dynamic Alignment Through Imagery*, which establishes a foundation for the techniques described here, this unique guide shows you how to combine technical expertise with imagery skills to enrich your expressive repertoire.

This versatile text and reference provides 583 imagery exercises designed to improve dance technique, artistic expression, and performance. More than 160 illustrations highlight images and exercises you can put to use immediately in your movements and choreography.

Part I explores using imagery with improvisation. You'll find 195 exercises centered on the body's basic movement images. These improvisational exercises will encourage you to explore new inner landscapes to create and communicate different movement qualities.

Part II provides 314 imagery exercises you can immediately use to improve technique. The book also provides guidelines for applying imagery within the dance class repertoire:

- Floorwork movements
- Standing, walking, running
- Ballet barre exercises
- Swings, arches, spirals
- Upper-body gestures
- Turns and pirouettes
- Jumping
- Partnering

Part III provides imagery tools to enhance or prepare for a performance. You'll learn how to use imagery to convey information about steps and to clarify the intent and content of a movement. In addition, you'll find 40 imagery exercises that focus on active imagination and symbolism, the performance environment, and the audience in the creative process.

Part IV presents 34 exercises to help restore and regenerate the body through guided imagery used with massage and touch. The book details the ideokinetic constructive rest position and Sweigard's nine lines of action.

With *Dance Imagery for Technique and Performance*, you'll discover how to use the power of your imagination to enhance performances.

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Sharon Garcia:

Nowadays reading books become more and more than want or need but also turn into a life style. This reading habit give you lot of advantages. The huge benefits you got of course the knowledge the particular information inside the book that will improve your knowledge and information. The info you get based on what kind of e-book you read, if you want drive more knowledge just go with schooling books but if you want sense happy read one along with theme for entertaining for example comic or novel. The actual Dance Imagery for Technique and Performance is kind of book which is giving the reader unpredictable experience.

Paul Anderson:

People live in this new morning of lifestyle always aim to and must have the extra time or they will get large amount of stress from both everyday life and work. So , whenever we ask do people have spare time, we will say absolutely sure. People is human not really a huge robot. Then we request again, what kind of activity do you have when the spare time coming to you actually of course your answer can unlimited right. Then do you try this one, reading guides. It can be your alternative in spending your spare time, typically the book you have read is definitely Dance Imagery for Technique and Performance.

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Diane Joiner:

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