

LOOK BEFORE YOU LEAP

AN ADVICE AND RIGHTS GUIDE
FOR CHOREOGRAPHERS

written by Ann Whitley

updated and edited by
Sally Brooker and Caroline Miller

"...An indispensable tool for choreographers and managers."

Roy Campbell-Moore, Artistic Associate
and Founding Artistic Director
National Dance Company Wales



dance
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Look Before You Leap Advice And Rights Guide For Choreographers

Ian Pickup



Look Before You Leap Advice And Rights Guide For Choreographers:

Look Before You Leap Ann Whitley,1995 Staging Dance Susan Cooper,2016-04-15 Staging Dance is a practical handbook that covers all aspects of putting on a dance production It highlights the current diversity of dance activities choosing examples from working dance groups and from individual dancers The book includes sections on choreography music and sound designing and making sets and costumes lighting design and technical implementation and stage management Funding planning and publicity are also covered Staging Dance will prove invaluable not only to dance artists but also those working along side them musicians designers lighting technicians administrators and directors *Practical Theatre* Sally Mackey,1997 Practical Theatre meets the requirements of the A level theatre studies performing arts syllabuses and GNVQ performing arts It seeks to encourage practical quality work by providing a rigorous framework of knowledge **Dancing Times** ,2000 *Index to Dance Periodicals* 1996 New York Public Library Staff,1997-10

Preservation Politics Stephanie Jordan,2000 Dance is now clearly wanting more of a past Reconstruction is increasingly seen as a political manoeuvre to establish a power base for cultural identity as well as for the art itself This book is an artistic debate on the issues **Current Contents. Arts & Humanities** Institute for Scientific Information,1996

Attitudes & Arabesques ,1998 *Bibliographic Guide to Dance*, 1996 Dance Collection Nypl,Thomson Gale,1997-07

The Back Stage Actor's Handbook Sherry Eaker,2004 An indispensable reference for actors singers and dancers The Back Stage Actor s Handbook has been totally updated to guide tomorrow s performing artist to success **American Square Dance** ,1993 *The Examiner* ,1846 Creative Dance for All Ages Anne Green Gilbert,2025-09-29 With a long history as a leading resource for dance educators Creative Dance for All Ages is the research backed tool every creative dance teacher needs Discover the theory methods and lesson ideas to ensure a successful creative dance experience for students of all ages and abilities **Arts & Humanities Citation Index** ,1996 **Ballet's Hidden Pain** Ethan Parker,AI,2025-02-24 Ballet s Hidden Pain reveals the demanding reality behind the art form s graceful facade It delves into the physical and psychological tolls dancers endure challenging the romanticized image of ballet Dancers often begin rigorous training at a young age pushing their bodies to extreme limits This pursuit of perfection can lead to a host of injuries from stress fractures to joint problems and contribute to mental health challenges like body image issues and performance anxiety The book explores these issues through scientific research interviews and statistical data connecting exercise science sports medicine and psychology to understand the dancer s experience Chapters progress from introducing ballet training principles to analyzing common injuries and finally proposing strategies for injury prevention and mental health support This approach offers a comprehensive understanding of the sacrifices made in ballet Tanzdrama Magazin ,1995

Elementary Physical Education Inez Rovegno,Dianna Bandhauer,2013 Elementary Physical Education is designed to help students plan lesson objectives for motor cognitive affective and social domains that are linked appropriately Throughout the

text the authors illustrate various ways to teach motivational thinking social skills and concepts Tasks are labeled and symbols appear in the margins of lesson plans so readers can find examples of how to teach these skills and concepts to children Each chapter includes sample lesson plans designed to be teaching tools which will help transform the ideas discussed in the textbook The content is presented in complete lesson plans lesson segments lesson and unit outlines of tasks or descriptions of content for lessons The lesson plans are linked to the NASPE standards and can be downloaded from the book s companion website to enable students to design lessons to meet the needs of their situations and the lesson format requirements of their programs Overall this is a very research oriented text Dr Rovegno has translated the current research on learning motivation perceptions of competence constructivism higher order thinking skills social responsibility and multicultural diversity into easy to understand concepts and instructional techniques The book will reinforce and extend student s understanding of topics tested in state and national certification exams and required by state and national certification agencies and illustrate how to integrate these concepts and instructional techniques into lesson plans

The Unofficial Guide to Las Vegas 2010 Bob Sehlinger,2009-08-18 In 2008 Las Vegas hosted 37 5 million visitors according to the Las Vegas Convention and Visitors Authority Global Travel Industry News and Forbes Traveler rank Las Vegas as the 2 most popular U S destination to visit calling it America s favorite playground The Unofficial Guide to Las Vegas ranks over 100 hotels and casinos the most offered by any other guidebook for the destination providing complete detailed descriptions of each casino hotel

Wisdom from the Spring Joanna Bergida,2007-05 A short story is a form of art from the heart the mind and the imagination These stories represent the thoughts and creativity of thirty nine members of Cold Spring Harbor High School s class of 2010 While we attempted to categorize and classify our stories for simple organizational purposes the truth is that each story is unique and represents some facet of the individuality of the author Each turn of the page will reveal a new identity and a different personality exactly as a short story should

Fitness for Life Dolly Lambdin,Charles B. Corbin,Guy C. Le Masurier,Meg Greiner,2010 A program that focuses attention on schoolwide wellness during four weeks of the school year Helps schools incorporate coordinated activities that will enable them to meet national standards and guidelines for physical activity and nutrition Includes lesson plans for physical education physical activities for the classroom and whole school events and activities

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