

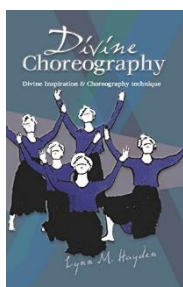
# Dance

## Recommended Reading List



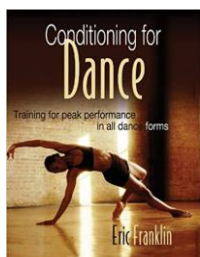
CHARTERS  
— SCHOOL —

### Key Stage 4



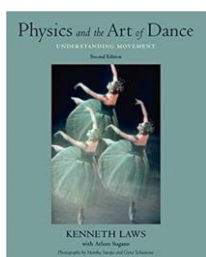
#### **Divine Choreography**

Incorporating some college level material, that Lynn learned as a dance major, and combining that with many practical tips, that come from years of dancing in the church, this work proves to be the handbook of the decade. You'll want to study it, try some of the techniques, and practice with the exercises.



#### **Conditioning for Dance: Training for Peak Performance in All Dance Forms**

Conditioning for Dance improves your technique and performance in all dance forms by strengthening the body's core (abdominal and back muscles) while improving coordination, balance, and alignment and optimizing flexibility.



#### **Physics and the Art of Dance: Understanding Movement**

*Physics and the Art of Dance* gives all who enjoy dance – whether as dancers, students, teachers, or fans - an opportunity to understand what happens when human bodies move in the remarkable ways we call *dance*.