

TEACHING | Resources

by Katia Bachko

By the BOOK

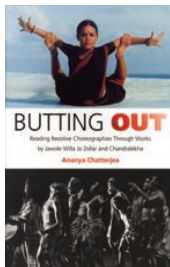
This spring's crop has sprouted at bookstores.



Ailey Spirit
Text by
Robert Tracy
Stewart, Tabori &
Chang

This history of Alvin Ailey American Dance Theater, told through narrative and vibrant photographs, follows the evolution of the company from Ailey's foundational years to Judith Jamison's current leadership. The company began touring in the 1960s, expanding its repertory through relationships with such choreographers as Joyce Trisler and Donald McKayle and increasing its popularity around the world. Contributions from dance world greats give the book a behind-the-scenes feel. In chapter 4, for example, Mikhail Baryshnikov comments on rehearsing *Pas de Duke* with Jamison: "Judy would put my arms in the right places during the duet and say, 'If you look here, then it really will be more amusing.'"

In a nutshell: A great retrospective for Ailey fans and scholars of modern dance



Butting Out
by Ananya Chatterjea
Wesleyan University
Press

Chatterjea examines the work of Jawole Willa Jo Zollar, artistic director of Urban Bush Women, and Chandralekha, a pioneering Indian choreographer. Enhanced by 42 black-and-white photos, the book investigates how these two

artists address gender, race and nationality in their work.

In a nutshell: An insightful read for scholars, critics and dance enthusiasts alike

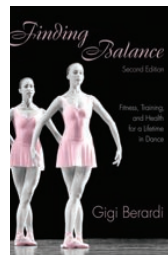
—Wendy Garofoli



Dancing Away an Anxious Mind
by Robert Rand
The University of
Wisconsin Press

A radio producer and contributor to "All Things Considered" on National Public Radio, Robert Rand offers a first-person account about how he overcame a panic disorder through zydeco, a style of Cajun dance. The book includes transcripts of Rand's conversations with his therapist and his dance teacher, offering insights into psychotherapy and dance training. As an appendix, Rand includes a discography of zydeco music mentioned throughout the book, so that interested readers can experience the dance form for themselves.

In a nutshell: A tribute to the healing power of dance

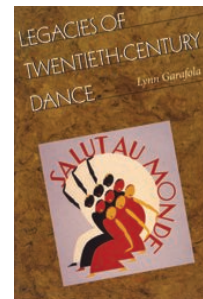


Finding Balance
by Gigi Berardi
Routledge

Dance writer and scholar Gigi Berardi tackles the challenging topic of dancers' health and fitness. Addressing nutrition, injury prevention, training and conditioning, this book

offers practical tips that dancers and teachers can incorporate into their everyday routines, as well as inspirational profiles of dance legends, such as Bill Evans, Kent Stowell and Elizabeth Streb, who exemplify the balance that is at the heart of Berardi's opus. Each chapter is punctuated with a box of key concepts and themes to help focus the reader.

In a nutshell: Every dancer is sure to find a piece of advice to improve his or her health.

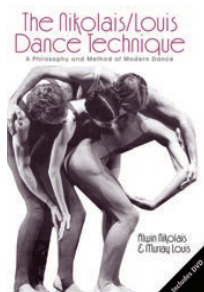


Legacies of Twentieth-Century Dance
by Lynn Garafola
Wesleyan
University Press

Dance critic and Barnard professor Lynn Garafola has organized this compilation of her reviews and essays into four sections. "The Ballets Russes and Beyond" explores the history of the company and its influential maestro, Sergei Diaghilev. Next, "Reconfiguring the Sexes" focuses on the role of women in dance with the emergence of Bronislava Nijinska and Ida Rubinstein. "Dance in New York" turns its attention to Garafola's hometown. Finally, "Staging the Past" addresses the preservation of forgotten works, such as the often-overlooked ballets of Léonide Massine and others.

In a nutshell: An academic volume that provides a thorough treatment of the 20th century's key moments and players

All books are available through major booksellers and online outlets such as www.amazon.com.



The Nikolais/Louis Dance Technique
by Alwin Nikolais and Murray Louis
Routledge

Though modern dance pioneer and dance company founder Alwin Nikolais and his longtime collaborator Murray Louis may mostly be known within their own genre, the introduction insists that “Nikolais/Louis technique should be thought of as a basic technique that is applicable to any dance form.” The authors review major concepts of movement in their “inclusive approach” such as decentralization and stasis, and provide a manual for teaching, with specific exercises and lesson plans. A documentary DVD, filmed by Louis, accompanies the book, offering a glimpse into modern dance training in the 1970s.

In a nutshell: A helpful tool for modern dance teachers



Vaganova: A Dance Journey From Petersburg to Leningrad
by Vera Krasovskaya,
translated by Vera M. Siegel
University Press of Florida

A staple of dance training, Vaganova technique is now taught throughout the world, but less is known about Agrippina Vaganova, the woman behind the ballet. This biography begins with Vaganova’s childhood and continues through her professional career, discussing how she trained some of ballet’s legends, including Galina Ulanova and Natalia Dudinskaya, and went on to codify her teaching system. This biography’s careful chronology also documents the historical events that shaped Vaganova’s life.

In a nutshell: A historical perspective for educators and balletomanes alike

Tomes

The latest releases for your young dancers

for Tots



Ellie's Chance to Dance
by Alexandra Moss
Grosset & Dunlap

This young-adult novel follows Chicago-native Ellie Brown as she travels to London to study at The Royal Ballet School’s Junior Associates Program. The story combines narrative and diary formats to shadow the teenaged protagonist as she takes classes, explores her new locale, makes new friends and discovers fish and chips. Ellie’s upbeat spirit keeps her going through the challenges

that her mother’s multiple sclerosis attacks and an audition for The Royal Ballet Lower School present.

In a nutshell: A sneak peek into the preprofessional ballet world for young hopefuls



Eyewitness: Dance
by Dr. Andrée Grau
DK Publishing, Inc

This vibrant volume in the “Eyewitness” series is full of information for both the novice and the seasoned dancer. Students will enjoy learning about different traditions in classical and world dance forms, while adults may discover little-known trivia, such as the fact that the leotard is named after its inventor, French acrobat Jules Léotard.

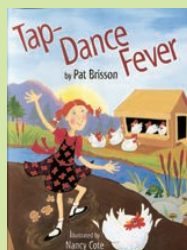
In a nutshell: With bright photos and easy-to-absorb facts, a must for your student library



Flying Feet: A Story of Irish Dance
by Anna Marlis Burgard, illustrated by Leighanne Dees
Chronicle Books

On the heels of the growing popularity of Irish dance comes Burgard’s tale of two men who arrive simultaneously in the Irish village of Ballyconneely to compete for the position of town dance master. The two men are challenged to a dance-off, in which they must perform dances of increasing difficulty. The author’s descriptions of the dance are exciting and authentic; Burgard even consulted champion step dancer and instructor Abbey Pride to ensure accuracy of dance names and positions. The story is supplemented with a short history of Irish dance.

In a nutshell: A fun resource that may spark your students’ interest in a vibrant world dance form



Tap-Dance Fever
by Pat Brisson, illustrated by Nancy Cote
Boyd’s Mills Press

“Annabelle Applegate was the tap-dancingest girl in Fiddler’s Creek.” So begins Brisson’s lively story about a young girl whose love for dance couldn’t be stopped. At first, Annabelle’s dancing wreaks havoc in the town: she wears out the floor in her mother’s kitchen and at the school. The citizens of Fiddler’s Creek try everything to get Annabelle to quit dancing. But every obstacle helps Annabelle develop her style; she tapes pennies to her heels and even tames rattlesnakes.

In a nutshell: An inspirational story about a spirited girl whose love for tap is contagious