

Badger Ballroom Dance Team
Summer 2004
Reading List

Learning Movement

How to get out of the way of your body doing the great things it can do. Bad teaching and learning practices and ways of viewing your learning have been getting in the way of doing what you could be doing!
The Inner Game of Tennis by W. Timothy Gallwey

Acting

Actors by far have the most developed sense of what is good entertainment and how to perform without stage fright.

What makes a performance or an artistic piece interesting? Variety is of major importance.
The Audition by Micheal Shurleff

How do you produce something that is natural and not forced and appealing to everyone? It's all about relaxation and taking your time.

Stanford Meisner on Acting by Stanford Meisner

Body Kinesthetics

Most technique you will ever learn has a foundation in protecting the body from injury and using the body efficiently. Your body is your instrument, learn about it, it's the best knowledge you can have for dancing.
Dance Kinesiology by Sally Sevey Fitt

Modern Dance

The best 2 bucks I ever spent on dancing (the copy I got was a misprint, it had about 20 pages printed twice) (Valerie Preston-Dunlop's look at Laban, plus her additions). Laban was one of the founders of Modern Dance and created a way to describe and teach movement and dance that is genius.
Modern Educational Dance by Valerie Monthland Preston-Dunlop

Ballet

Ballet is the foundation of all dance. This is the oldest and wisest look at all technique for efficiency of movement and control of the body. This book is one of my favorites with tons of pictures.
Classical Ballet Technique by Gretchen Ward Warren

ballroom and latin syllabus

Technique books are dry, boring, and will never teach you how to dance. However it is the basis of what we do.

everything you need to know about Standard (Waltz, Tango, Foxtrot, Quickstep)
The Ballroom Technique by The Imperial Society of Teachers of Dancing (ISTD)

what you need to know about International Rumba
Latin American Rumba by The Imperial Society of Teachers of Dancing (ISTD)