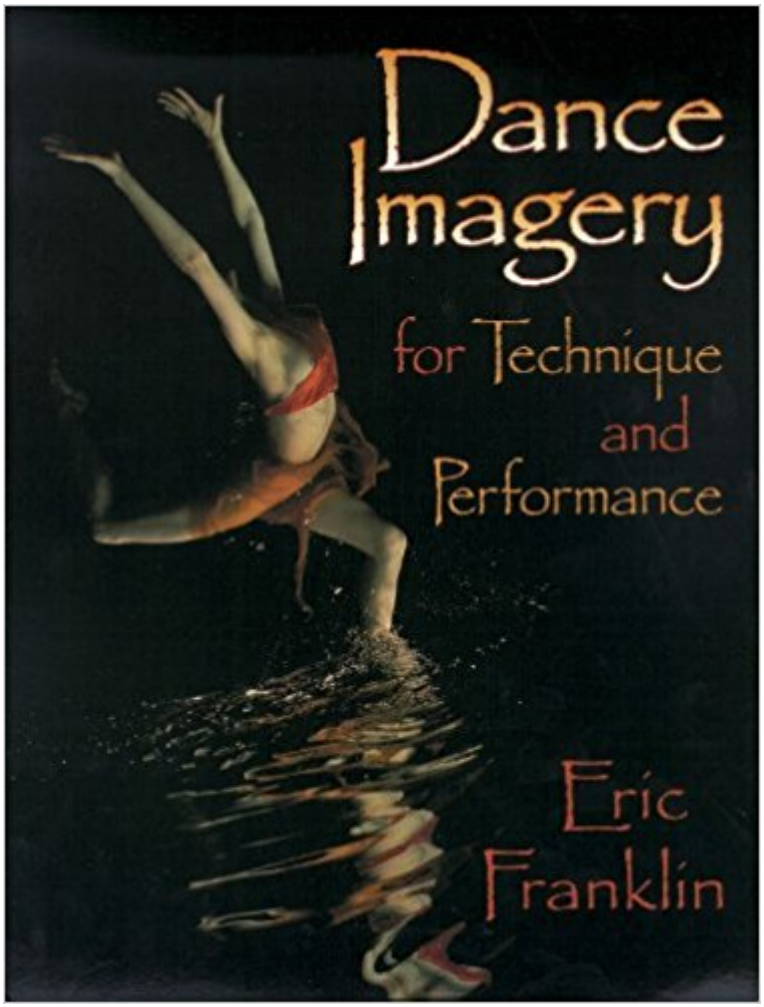
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Dance Imagery For Technique And Performance



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Synopsis

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- PartneringPart 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.

Book Information

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Customer Reviews

"""""Using imagery brings a greater richness to a dancer’s physical technique and expression, and Franklin’s book furnishes the creative tools to accomplish this."""Jeanette StonerDancer, choreographer, and teacherNew York City """Every dancer goes through temporary slumps when it seems hard to find inspiration and when even maintenance is a struggle. Franklin’s book combines information and creativity in a way that lends freshness to steps worked on for years. It provides a resource for renewal--a companion, master teacher at your fingertips."""June BalishDancer, New York City """In his exceedingly interesting and original Dance Imagery for Technique and Performance, Eric Franklin has resourcefully drawn from the inner world of imagined experience a rich variety of incentives for feeling movement from the depths of one’s being. Images called into action, have the power to release a dancer’s full potential."""Ernestine StodelleAdjunct Professor, New York UniversityAuthor of The Dance Technique of Doris Humphrey and Its Creative Potential and Deep Song: The Dance Story of Martha Graham """Dance Imagery for Technique and Performance by Eric Franklin, an excellent text for students and teachers, introduces the science of kinetics to teaching and performance. Dancers, teachers, and choreographers will find themselves using this book over and over again."""David Howard, DirectorDavid Howard School of Ballet, New York City "

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As a dancer, artist and teacher I love this book to help guide workshops.

I really wish I hadn't waited so long to get this book. And invaluable tool for any dancer or any creative people in general, if you're looking to dig deeper or finding more creative ways of choreographing your dance

To make our bodies do all of the incredible things that we ask of them we use images, and since our bodies are always changing and feeling different sensations, we often need to find new images to keep pushing our performance further and further. This book is a collection of hundreds of interesting suggestions for images that all dancers should find useful. Some you may already be familiar with and some will be new to you. In dance class, images are constantly being taught to dancers, so this is also an excellent resource for teachers as well as students and seasoned professionals. Maybe you will find just the right image for that tricky pirouette or jump here! This book is recommended for dancers of all levels, from beginner to professional.

It is a new approach for some students who are struggling with how to feel some of the technical aspects of what I'm asking of them. So some of the ideas are appealing to them

From cover to cover, this book was educational and fun to read and useful to guide me in the pursue of new ways to let my body create shape and forms. A good reference manual to go back and review anytime.

I LOVE this book!! Eric has written great books and this one is among them. Every piece of information opens the dancers' mind and body into a realm of excellence and joy that is LONG OVERDUE!!! It is a must have in every personal library of everyone in dance. A neccessary textbook in pedagogy, technique, and conditioning classes everywhere.

This is a great help to me for choreography some of the stuff I learned when I took ballet but a lot of new info and imagery that is quite helpful! :)

As a dancer and a beginner I was struggling with jazz technique for a long time. The imagery approach has helped me greatly to improve my plies and turns, posture and interaction with space. The essence of the imagery approach is to identify yourself with an image. As an example the one that inspired me was "a growing root". I keep coming to this book again and again, when I need to recupirate and find inspiration. It also developed my imagery and gave me another prospective on relationships, energy and dancing. The book has helpful illustrations and photos. A must!

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