

DanceKinesis The Missing Dimension in Ballroom & Latin Dance



BOOK DETAILS

- Author : Percell St. Thomass
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BOOK SYNOPSIS

I knew that DanceKinesis was the missing dimension in Ballroom and Latin dance training and performing, but I needed to put it into a format that would be most helpful to dancers. I sought the opinions of many social and professional dancers world-wide, and, now, this world-class body, movement, and dance training system is the tried and proven result of their responses. DanceKinesis, dancing by a more natural movement and rhythm, is the newest and fastest growing concept in dance training, and is already being used, enjoyed, revered, and copied by dancers of every level. DanceKinesis does teach dancing, but it first teaches dance. The theories and practices of DK may be applied to all of the partnership dances. It focuses on the body's natural movement, fundamentals and principles, and the 7 Laws of Motion. It turns these principles into dance. The techniques and traditional studies of dance are then applied to the individual's natural movements as a means to; define and characterize the dance desired, and, to control and maintain its stylistic movements, rhythm/s, timing/s, and interpretation/s. DanceKinesis may be used with all existing syllabi of all modern Ballroom and Latin dance schools. The text begins with studies the psychology of why we dance. It continues with titles such as "Corrective Posture Arc" and "The 3 Body Tiers" which help to better understand, rebuild and/or retrain the body to feel better in everyday life as well as dance. Others such as "The 7 Natural Laws," "The 4 Schools [Studies] of Ballroom Dance," and "The 2 Energies of Ballroom and Latin Dance" help to better understand and better create proper and more efficient body movement. Did you know that there are at least 3 primary rhythms to most pieces of music? Do you know why it is not good to learn or teach dance by using the terms Slow and Quick? Did you know that the terms Lead and Follow are technically the opposite of what most persons b

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