



## A Sense of Dance: Exploring Your Movement Potential (Paperback)

By Constance Schrader

Human Kinetics Publishers, United States, 2004. Paperback. Book Condition: New. 2nd. 277 x 213 mm. Language: English . Brand New Book. A Sense of Dance: Exploring Your Movement Potential, Second Edition, is written for true beginners-- students who are exploring the art form for the first time and are not likely to describe themselves as dancers. Through this text, students discover that dance is an accessible art form that can bring greater self-awareness and self-confidence. It helps new dancers learn how to express themselves through dance. This second edition, based on an already-successful textbook, features three new chapters that add even more depth to the topics covered. The chapters address the power of dance through time and place, culture, and community; a sense of style; and patterns of coordination. Like the first edition, this empowering text uses an interactive approach to invite students to learn about dance through everyday experiences, personal observations, and guided experiences. The following are some of the special elements in the text: - Inside Insights encourage students to reflect on interesting observations that may affect their movement and expression. - Try This Experiment exercises are guided physical explorations of concepts in the text that help students become more kinesthetically...



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