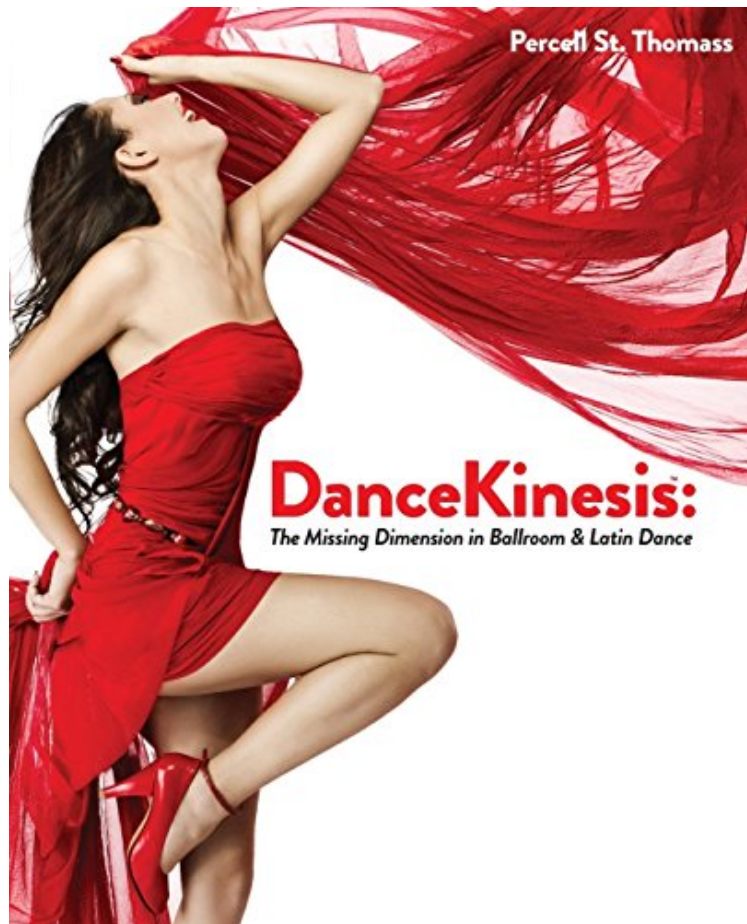


DanceKinesis: The Missing Dimension in Ballroom Latin Dance

Percell St. Thomass

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Percell St. Thomass : DanceKinesis: The Missing Dimension in Ballroom Latin Dance before purchasing it in order to gage whether or not it would be worth my time, and all praised DanceKinesis: The Missing Dimension in Ballroom Latin Dance:

0 of 0 people found the following review helpful. Great content, but needs a revisionBy CustomerThe book contains a lot of great content relevant to social and ballroom dancing. The author appears knowledgeable and presents many concepts and theories that can be used.. The book is a good reference guide for the social dance professional and ballroom dance enthusiast.Although the content is pertinent and valid, the book was very difficult to read. Thoughts from the author seemed scattered and were difficult to follow. Grammatical errors and lack of sentence structure made the book hard to read. It may be the author's intent to have a more personable presentation, but the additional commentary distracts from the content of the book. The numbered figures used in the book do not match what is in the text and needs to be corrected.This type of book is much needed for the field of social dance, and with some editorial

work it can be a solid reference source. 2 of 2 people found the following review helpful. Five Stars By Karasek Excellent detail on technique and when to let go of technique 2 of 2 people found the following review helpful. a must read for professional dancers and beginners By De Thomas for a beginner like me, this was easy to follow and very in-depth on various techniques and applications to the true form of classic and modern dance. i recommend this book to professionals and beginners alike, because it will share some true insight on style, origins of various forms and dance and give a fresh approach to bringing back the art. not to mention dance is one of most enjoyable forms of exercise.

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