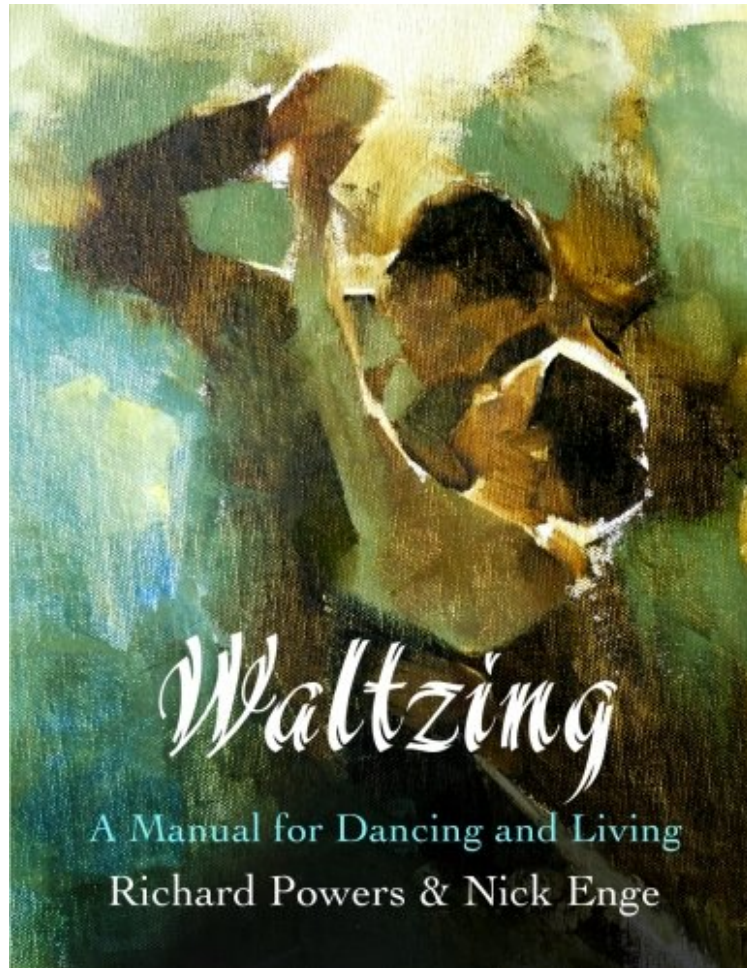


(Free pdf) Waltzing: A Manual for Dancing and Living

Waltzing: A Manual for Dancing and Living

Richard Powers, Nick Enge

*ePub | *DOC | audiobook | ebooks | Download PDF*



DOWNLOAD



+

READ ONLINE

#701760 in Books Richard Powers 2013-04-25 Original language: English PDF # 1 11.00 x .61 x 8.501, 1.39
#File Name: 0982799543268 pages Waltzing | File size: 65.Mb

Richard Powers, Nick Enge : Waltzing: A Manual for Dancing and Living before purchasing it in order to gauge whether or not it would be worth my time, and all praised Waltzing: A Manual for Dancing and Living:

5 of 5 people found the following review helpful. Such a unique and excellent book By Clint Steele For a long time I have been trying to find more about the history of social dance and what defines it. The authors of this book are the perfect men to do this and that is what they have done. It is an ideal book for every dancer's library. Even though I have read it, I can still pick it up and open it to any page and get something from it. The only issue I have is that it could do with more images when talking about figures. However, the other aspects of this book are so valuable and rare that this is not a real issue. It will not provide an exact description of what dance is; it focuses more on the diversity of how dance can be approached. However, after reading this, I now feel much more confident in saying what I want for dance, knowing what dance is and how to get the most from it. Every dancer should at least read this book once. Some of the interesting things I got from this book: *The difference between dance-sport, social dance and performance dance* That

there are so many Waltzes (even one done to 7/4 timing)*Why we have routines at all*When and why leading and follow took on stricter definitions3 of 3 people found the following review helpful. every dancer should read thisBy GrahamI'm so happy Richard wrote this book. It's a beautiful exposition of everything I loved about learning to dance from him, and about dancing in general, and the waltz in particular. It ranges from instructional and practical to romantic and spiritual in exactly the expansive, joyful way that a book about social dancing should.1 of 1 people found the following review helpful. Excellent, highly recommended.By CustomerExcellent work, instructions are easy to follow. Very faithful to both authors' teaching styles and dance lessons. Highly recommended.

In the 85 chapters of this guidebook, you will find many ideas about waltzing, dancing, and living. Dance descriptions and tips to improve your dancing are accompanied by down-to-earth ways to find greater fulfillment in your dancing and in your life. 25 different kinds of waltz are completely described, including: cross-step waltz, Viennese waltz, box step waltz, rotary waltz, polka, schottische, redowa, mazurka, hambo, zwiefacher, and more. In addition, you will find 85 waltz variations completely described, and a concise compendium of an additional hundred variations, accompanied by 50 illustrations of waltzing through the ages. Then beyond waltzing, much of this book applies to all forms of social ballroom dancing. You'll learn how you can be a better dance partner, how to develop your style and musicality, how to improvise more confidently, how to learn new dances by observation, and how to create your own social dance variations. You'll also learn about the many ways that the practice of social dancing can enrich our lives. Drawing on the latest research in social psychology, Waltzing includes chapters on the essential benefits of: music, physical activity, connection, play, mindfulness, acceptance, conditional learning, and many other topics.

About the AuthorRichard Powers is a social dance instructor and historian at Stanford University's Dance Division. Richards focus since 1975 has been the research and reconstruction of American and European social dance forms, working from a personal collection of over a thousand historic dance manuals. Richard became a full-time instructor at Stanford University's Dance Division, joining the faculty in 1992. He was selected by the Centennial Issue of Stanford Magazine as one of Stanford University's most notable graduates of its first century, and was awarded the Lloyd W. Dinkelspiel Award for distinctive and exceptional contributions to education at Stanford University. Richard has choreographed for dozens of stage productions, including Broadway and off-Broadway, and for films and television. He has taught over five hundred dance workshops across the U.S. and abroad. Nick Enge graduated from Stanford University with a bachelors in Atmosphere/Energy Engineering and a masters in Earth Systems. At Stanford, in addition to his ecological interests, he developed a passion for social dancing, psychology, and writing. Over the past five years, Nick has served as a course developer and teaching assistant for more than twenty-five iterations of ten different courses at Stanford, including Valuescience, Public Speaking, Electric Automobiles and Aircraft, and Energy Efficient Buildings. Although he only began taking Richards social dance classes in 2011, he is now a frequent instructor at Friday Night Waltz, and a substitute teacher for Richard when he travels. Nick served as a chair of Stanfords 36th Annual Viennese Ball in 2013, and is currently a choreographer for the Opening waltz and polka for the 37th Annual Viennese Ball.