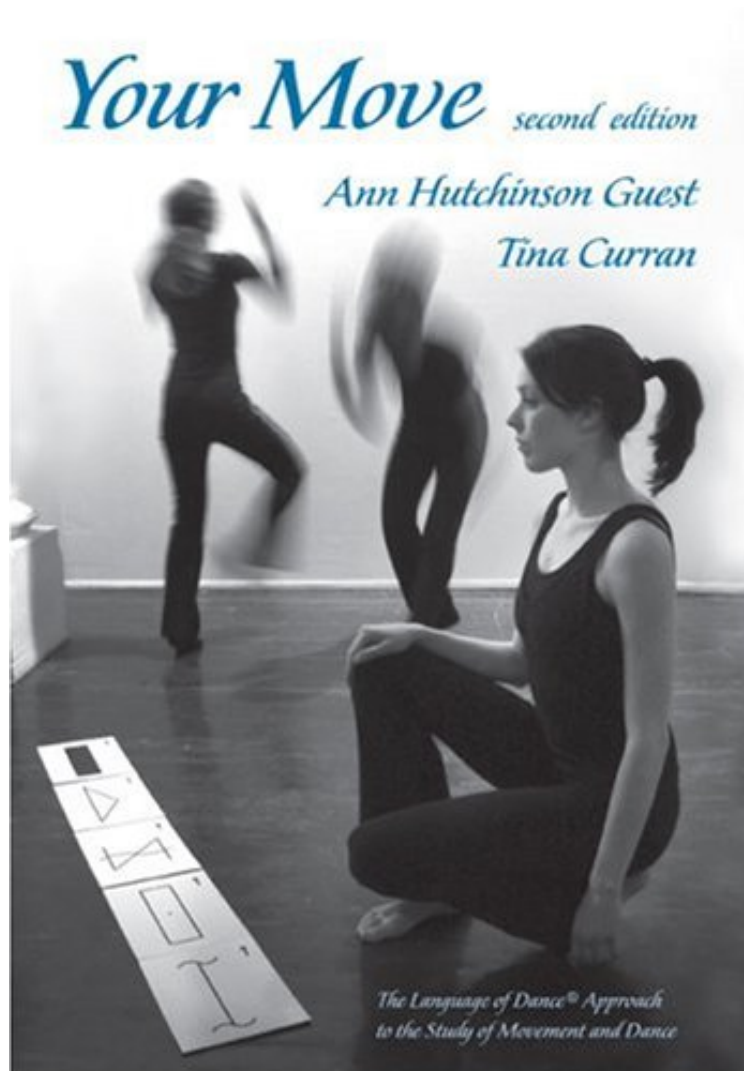


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## Your Move

*Ann Hutchinson Guest, Tina Curran*

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This second edition of a well-known text book now offers an integrated package including exercise sheets and audio CD with a supporting Teachers Manual offered separately on the Web. The author takes a new approach to teaching notation through movement exercises, thus enlarging the scope of the book to teachers of movement and choreography as well as the traditional dance notation students. Updated and enlarged to reflect the most recent scholarship and

through a series of exercises, this book guides students through: movement, stillness, timing, shaping, accents travelling direction, flexion and extension rotations, revolutions and turns supporting balance relationships. All of these movements are related to notation, so the student learns how to notate and describe the movements as they are performed.

About the Author Ann Hutchinson Guest is the world's leading authority on teaching dance notation. She is the author of the classic Labanotation, now in its 4th edition from Routledge, which has life sales of over 60,000 copies. She is also the Director of the Language of Dance Centre, London. Tina Curran is director of the Language of Dance Center, New York.