



Dance & Theatre Background

On today's issue I would like to talk about **Christopher Bruce CBE** (Born on the 3rd of October 1945). Bruce is a British choreographer and performer who was the Artistic Director of the Rambert Dance Company until 2002. Bruce created over 100 choreographic works with 30 off those produced for Rambert. Some of his most well-known works include 'Cruel Garden', 'Ghost Dances', 'Swansong' and 'Rooster'. Bruce's works reflect a wide range of styles such as ballet, contemporary, folk and popular dance. He deals with themes linked to the human condition, political or social issues which is widely seen in 'Rooster' which is choreographed to a selection of songs from 'The Rolling Stones'. Bruce was appointed a CBE for a lifetime's service to dance as he was one of Britain's leading choreographers. He is currently a visiting honorary professor at the University of Exeter since 2009.

Channel STUDIO today

- Level One: Part Three
"Just Dance"
- Level Two: Part Three
"Positivity"

- Level Three: Part Three
"Everything's Gonna Be Alright"
- Backwards Roll Tutorial with Miss E
- Powder Tutorial with Emma

Today's videos were filmed prior to the PM's announcement 23.03.20 - THE STUDIO are following all government guidelines.

"Alexa,
play: STOMP
by Steps" (please)

Healthy Thinking

In this issue I would like to talk about the importance of **cooling down** after dancing and working out. This step is as important as warming up however this is commonly forgotten. The reason why we cool down is to reduce your heart rate and breathing rate after doing exercise. This also will gradually cool your body temperature and return your muscles to their optimum length-tension which if not cooled down may cause dizziness or possible fainting. A proper cool down will include three to five minutes of lower intensity exercise while focusing on our breathing to return our heart rate to normal, then five minutes of stretching to the targeted muscles. You should aim for three to five stretches for each muscle which were worked out for twenty to thirty seconds.

Tendu:
To Stretch
Decote:
Sideways

French Ballet Terms

This Weeks Comp!

This photo was taken some many many years ago during Miss Emilie's professional training at BIRD COLLEGE - LONDON. She has been enormously fortunate to work with some our countries most established and wonderfully inspiring teachers during her journey. This scene is pre performance for a choreographed piece to "Austin Powers" by 'Sue Brice': Higher level examiner and choreographer for the Imperial Society of Teachers of Dancing and Modern Faculty at BIRD COLLEGE. So...Which one is Miss E aged 17? There are also identical twins in the shot, can you spot those too? Answers to office@thestudiodorset.com / FB / WhatsApp / 077 077 8585824

