

Dance & Theatre Background

Today I will be talking about American ballet choreographer George Balanchine (1904-1983). Balanchine was one of the most influential choreographers of the 1920's. He was styled as the father of American ballet and co-founded the New York City Ballet where he remained Artistic Director for over 35 years. He was a choreographer known for his musicality; he expressed music with dance and worked with leading composers of their time such as Stravinsky. He also took the standards and technique from his time at the Imperial Ballet School and fused it with his time with other schools of movement which he had adopted during his time on Broadway and in Hollywood, creating his signature "neoclassical style". Some of his ballets include "The Firebird" (1949), "Stars and Stripes" (1958), and "Noah and the Flood" (1982).

Channel STUDIO today.

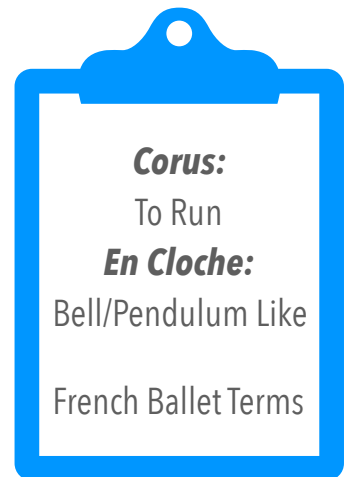
Level One: Part Two - "Feels Like Home"
Level Two: Part Two - "Sussudio"
Level Three: Part Two - "I Gotta Feeling"
Messy Backcombed Bunches
Thigh Strengthening Exercise

studio.youtube.com

"Alexa,
play: You Got The Love by
Florence + The Machine *please*"

Healthy Thinking

When participating in exercise and especially in dance it is important to ensure that you have the correct gear or equipment for what you are doing and what is right for your body. Make sure that your equipment is right for the particular activity and check regularly that it is safe to use. You must also make sure that in dance specifically, your shoes are the correct fit for your feet. For example, for pointe shoes we must make sure that we have had these properly fitted at a dance or pointe shoe store as there can be so many different types for the wide variety of shapes, sizes and abilities, so it is essential that these be fitted by a professional to ensure that you pick the correct shoes that will support your foot so that you can dance correctly without injury.



Introducing our TS.09 musicians

We are so appreciative of Steve Garden and his fantastic acoustic Jazz duo called 'Trip' for use of their music for our TS.09 videos and tutorials. TRIP specialise in performing a mixture of Jazz standards, Gypsy swing and Bebop classics. Formed in 2008, Trip have performed at numerous functions and events, these have included the Gala charity day at the 2014 and 2015 **Chelsea Flower shows**. Trip also make regular appearances at Hugh Fearnley-Whittingstall's River cottage HQ restaurant. **Steve Garden** is a versatile and highly accomplished professional Guitarist with over 30 years playing experience. Steve has toured extensively throughout Europe and has been involved in a number of successful Jazz projects. As well as continuing to write and record original compositions, he's also in high demand as a professional Guitar teacher. You can enjoy more about Trip here: <https://www.facebook.com/TripGuitars/>

This Weeks Comp! Win A STUDIO T Shirt!

A quick 20 question quiz based on the TS.09 issues, videos, and tutorials. Download a copy from our website and email your answers to:
office@thestudiodorset.com
by the end of Sunday.
GOOD LUCK!