



# Dancing Longer, Dancing Stronger: A Dancer's Guide to Improving Technique and Preventing Injury

*Andrea Watkins, Priscilla Clarkson*

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Featuring ballet, jazz, modern, and aerobic, this book includes exercises to complement in-class work or to enhance performance.

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Watkins, Andrea, and Priscilla M. Clarkson. *Dancing Longer, Dancing Stronger: A Dancer's Guide to Improving Technique and Preventing Injury*. Hightstown, NJ: Princeton Book Company, 1990. *Ballet and Dance Sports Neurology*.<sup>Â</sup> Written by a physicist with professional dance training, *Physics and the Art of Dance* explains how dancers can achieve better, safer performances through an understanding of physics in motion. Using simple, non-technical terms, Kenneth Laws combines his knowledge of both physics and dance to describe how the laws of gravity, momentum, and energy affect dancing bodies. Wanna know how to improve your dancing skills? Small, simple habits can make a huge difference. Start practicing these things to become a better dancer!<sup>Â</sup> Chances are, dance videos are probably what got you into the dance in the first place. Watching is not the same as doing, but it can be just as valuable as practice. If you watch a video with the intent to learn from it, you<sup>â€™</sup>ll still grow as a dancer. As you watch, think about the connections between the movements, how the choreographer interpreted certain sounds, their performance, the execution, etc. Not sure where to start?<sup>Â</sup> That means, your body will be able to dance longer, stronger, and better! If you can<sup>â€™</sup>t set aside time for a traditional class, try taking a class online with STEEZY Studio! Watkins, A & Clarkson, P 1990, *Dancing Longer, Dancing Stronger: A Dancer<sup>â€™</sup>s Guide to Improving Technique and Preventing Injury*, Princeton Book Company, Pennington, New Jersey, USA. *Dance* <sup>â€™</sup>Choreography Adshead, J 1987, *Choreography Principles and Practice*, NRCD, London, UK. Anderson Sofras, P 2006 *Dance Composition Basics*, Human Kinetics.

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