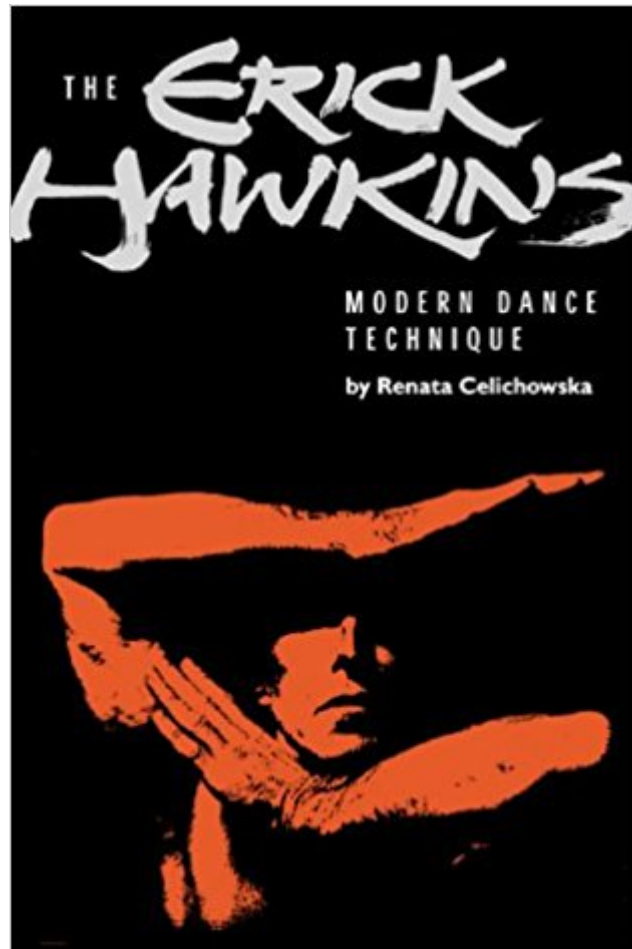




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The Erick Hawkins Modern Dance Technique



Synopsis

The Hawkins dance technique embodies the philosophy that dance should integrate the body, mind, and soul while always following scientific principles. This system of dance training is an approach that continues to influence dancers around the world; is examined through a variety of illustrations. Photographs of dancers illustrate the technique in action. Drawings demonstrate the relationship between movements of the body and everyday objects, such as the similarities between a spiral action of the spine and a barber's pole or winding staircase. This vibrant text examines Hawkins's originality, philosophical thinking, and teaching methods.

Book Information

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Customer Reviews

"The daring and innovative visions of Erick Hawkins rewrite the rules of what dance can tell us." --
Mikhail Baryshnikov

Renata Celichowska became a member of the Erick Hawkins Dance Company in 1989 and is currently adjunct professor for the dance education program at New York University. She lives in New York City.

Great work!

This book is a practical guide to a better understanding of Erick Hawkins modern dance technique

and your own body. I was positive surprised!

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