

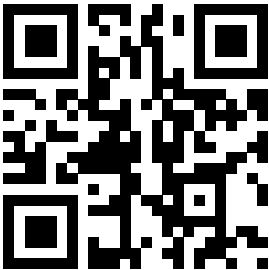
REFRAMING CENTER WARM UP

free-classifieds-usa.com



Contact: Dance Teacher Web

Phone: 1-203-545-7167



https://tinyurl.com/2ado3bk9

Address: 1580 Post Rd, Fairfield, Connecticut, United States

Price: Check with seller

Description:

Alternatively, while you are making room for students to be present in the space, there is also room for dancers to check out once they know the warm-up like the back of their hand. Like anything, it can become mundane, rote and something the students just coast through to get to across the floor or the center combo. While I find this common with all levels, advanced dancers have more instinctual body awareness. They are more attuned with self-assessing how to get themselves warm and how to adjust the elements of the warm-up to achieve that. As teachers, being on autopilot is obviously the last thing we want our dancers to do; as the learning process then is obviously not occurring in an active, progressive way...

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