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ICE Users Guide

love step choreography mixed into your fitness rou-tine Although advanced step choreography is not as popular in the mainstream as it once was, it still holds an important place for me and my audience and it still provides a solid challenge for the muscles and for mind Step Sync is a fully choreographed step workout for those that

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Contemporary Dance Teacher's Study Guide

work in both roles, sometimes dancing in their own choreography To develop themselves as creators, contemporary dance artists may also study choreography and dance-making T Most conte watching from one side In the same way that contemporary dance challenges traditional

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Jazz Dance

jazz choreography Later Jazz Dance Artists • Gus Giordano opened a studio in Chicago and founded a jazz dance company and the World Jazz Dance Congress • Bob Fosse was a dancer, choreographer, and director of musical theater and film His style used turned-in knees,

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into increased tempo and more complex choreography 1989: Gin Miller inspires the world to step group fitness style Gin Miller is considered the pioneer for developing the original step aerobics class Her own over-use injuries of the knees lead to therapy using her porch step upon which to step up and down

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