

Curious about....Dance and Choreography?

1.Read online: Redbull online- How high performance sports science revolutionised Ballet.

<https://www.redbull.com/ca-en/theredbulletin/ballet-sports-science>

One Dance UK- A guide to careers in dance

<https://www.onedanceuk.org/wp-content/uploads/2017/02/Careers-Guide-Digital-version.pdf>

2.Watch: BBC one The Greatest Dancer: The final 12

<https://www.bbc.co.uk/programmes/profiles/3TsqG5kGZPxkcGSwntFxFtN/the-final-12>

3.Listen: YouTube Interview with Ashley Everett Beyonce's dance captain! She trained at The Alvin Ailey American Dance Theatre School in New York!

<https://www.youtube.com/watch?v=EN3BoFg1oAI>

4.Social: Explore [@Jwiltondance](#) page on Instagram. James Wilton is an award winning British choreographer. He also has 'at home' technique classes on Youtube! Find more info on www.jameswiltondance.org.uk

5.Sample: 1. Find a dance class in person or online in any style 2. Take part in the dance class class - learn and rehearse 3. Find a space to film yourself. Get creative! Email your filmed choreography to:

quay.c@thenorwoodschool.org

Online instagram classes: @jwiltondance @@danewilliamsbates

@ainsleyricketts @ryanfentonliveclass @atyourbeatstudio

@danceexchange @ombrascuradance @nicolamacx @danceboxofficial

