

DANCE

SUPER CURRICULUM ACTIVITIES

WEBSITES:

- **Dance Magazine** (www.dancemagazine.com): A well-known publication in the dance world, offering articles, news, reviews, and resources for dancers and dance enthusiasts.
- **Dance Spirit** (www.dancespirit.com): Geared towards young dancers, Dance Spirit features articles, advice, and resources related to dance training, careers, and lifestyle.
- **Ballet Talk for Dancers** (www.ballettalk.com): An online forum where ballet enthusiasts can discuss all things related to ballet, including technique, auditions, and performance reviews.
- **Dance.net** (www.dance.net): A community forum for dancers of all levels and styles, where you can connect with other dancers, seek advice, and share experiences.
- **Dance Plug** (www.danceplug.com): Provides online dance classes, tutorials, and articles on various dance styles, allowing dancers to learn and improve their skills.
- **Dance Informa** (www.danceinforma.com): An online dance magazine featuring news, articles, and interviews with dancers and choreographers from around the world.
- **Dance.com** (www.dance.com): Offers a variety of online dance classes, covering different styles, for dancers of all levels.
- **Dance-411** (www.dance411studios.com): Provides online dance classes, tutorials, and resources for dancers looking to improve their skills and learn new styles.
- **Dance Advantage** (www.danceadvantage.net): A website dedicated to dance education, offering articles, resources, and tips for dancers and dance teachers.
- **DanceTabs** (www.dancetabs.com): Features reviews, interviews, and news related to ballet, contemporary dance, and other dance forms.
- **Dance Studio Life** (www.dancestudiolife.com): A magazine and website catering to dance studio owners, teachers, and administrators, offering business and teaching resources.

BOOKS:

- **Dance, Dance, Dance" by Haruki Murakami**
- This novel features a character who becomes immersed in the world of dance and is known for its lyrical and surreal storytelling.
- **"Bunheads" by Sophie Flack**
- A young adult novel that offers a glimpse into the competitive world of professional ballet through the eyes of a young dancer.
- **"The Ballerina's Handbook" by Sarah Schleper and Sarah Richardson**

- An instructional guide that covers ballet basics and provides valuable tips for aspiring ballerinas.
- **"Tiny Pretty Things" by Sona Charaipotra and Dhonielle Clayton**
- The first book in a series about the cutthroat world of ballet, filled with drama, competition, and secrets.
- **"Pointe" by Brandy Colbert**
- This young adult novel explores themes of identity and ballet as the protagonist tries to uncover the truth about a missing friend.
- **"Ballet for Martha: Making Appalachian Spring" by Jan Greenberg and Sandra Jordan**
- A beautifully illustrated book that tells the story of how the iconic ballet "Appalachian Spring" was created.
- **"On Pointe: Basic Pointe Work" by Michelle Benashvili**
- An informative book that introduces the basics of pointe work in ballet, suitable for aspiring ballet dancers.
- **"Taking Flight: From War Orphan to Star Ballerina" by Michaela DePrince and Elaine DePrince**
- A memoir that tells the inspiring story of Michaela DePrince, a war orphan who became a successful ballerina.
- **"Audition" by Stasia Ward Kehoe**
- A novel in verse that explores the life of an aspiring ballet dancer as she deals with auditions, friendships, and personal challenges.
- **"Dance Anatomy" by Jacqui Greene Haas**
- A book that provides a detailed look at the anatomy of dance movements, perfect for dancers who want to understand their bodies better.
- **"Dancers Among Us: A Celebration of Joy in the Everyday" by Jordan Matter**
- Filled with stunning photographs of dancers in everyday situations, this book captures the beauty and joy of dance.
- **"Turning Pointe: How a New Generation of Dancers Is Saving Ballet from Itself" by Chloe Angyal**
- Explores the evolving world of ballet and the changing roles of dancers, offering insights into the industry.

SPECIALIST MAGAZINES/ARTICLES/JOURNALS:

- **Dance Magazine:** A leading publication in the world of dance, offering articles, interviews, and features on various dance styles and industry trends.
- **Pointe Magazine:** Focused primarily on ballet, Pointe Magazine provides insights into the world of professional ballet, including interviews with dancers and tips for aspiring ballerinas.
- **Dance Spirit:** Geared toward young dancers and students, Dance Spirit covers a broad range of dance styles and provides advice on training, auditions, and performance.

- **Dance Magazine UK:** Focusing on the dance scene in the United Kingdom, this publication features interviews, reviews, and articles on various dance styles.
- **Ballet Review:** A scholarly journal dedicated to the art of ballet, Ballet Review features in-depth articles, reviews, and historical perspectives on ballet.
- **Contact Quarterly:** This journal focuses on contemporary and experimental dance practices, offering articles, interviews, and discussions on innovative dance forms.
- **Dance Research Journal:** Published by the Congress on Research in Dance, this academic journal features peer-reviewed articles and research papers on dance history and theory.
- **Dance Chronicle:** A scholarly journal that explores the historical and cultural aspects of dance, featuring research articles and essays.
- **Dance Research:** Published by the Society for Dance Research, this journal covers a wide range of topics related to dance studies, including ethnography, choreography, and more.
- **Dance Now:** A UK-based magazine that features articles, reviews, and profiles of contemporary dance artists and companies.

PODCASTS:

- **The Dance Podcast:** Hosted by Lauren Ritchie, this podcast features interviews with a variety of dance professionals, including dancers, choreographers, teachers, and more.
- **Conversations on Dance:** Hosted by former Miami City Ballet dancers Michael Sean Breeden and Rebecca King Ferraro, this podcast delves into the world of professional ballet, featuring interviews with dancers, choreographers, and directors.
- **The Dance Edit Podcast:** A podcast from Dance Media, the publishers of Dance Magazine, featuring discussions on dance news, trends, and interviews with notable figures in the dance world.
- **The Frame Dance Podcast:** Hosted by Lydia Hance, this podcast explores the intersection of dance, art, and contemporary culture through interviews and discussions.
- **The Dance Union Podcast:** This podcast highlights the experiences of dancers and artists from diverse backgrounds, sharing their stories and insights on the dance industry.
- **Ballroom Chat:** Focused on the world of ballroom dancing, this podcast features interviews with ballroom dancers, instructors, and judges, offering insights into the competitive dance scene.
- **Dance Behind the Screen Podcast:** Hosted by yourstruly.JB, this podcast explores the intersection of dance and technology, discussing how technology impacts the dance world.
- **Beyond the Barre:** A podcast for ballet enthusiasts, featuring interviews with ballet dancers, teachers, and professionals, as well as discussions on ballet history and culture.
- **Dance & Stuff:** Hosted by Reid Bartelme and Jack Ferver, this podcast features candid conversations about dance and the performing arts, often with a touch of humor.

- **The Dance Psychology Podcast:** Hosted by Dr. Peter Lovatt, a dance psychologist, this podcast explores the psychology of dance, movement, and creativity.
- **DanceCast:** Produced by DancePlug, this podcast features interviews with a wide range of dance artists, discussing their careers, choreography, and the dance community.
- **CUNY Dance Initiative Podcast:** Focused on the New York City dance scene, this podcast highlights the work of choreographers and dance companies in the city.
- **The DancePreneuring Studio:** Hosted by Annett Bone, this podcast explores the entrepreneurial side of dance, featuring interviews with dance entrepreneurs and professionals.
- **The Dance Printering Studio:** Another podcast by Annett Bone, this one explores the intersection of dance and technology, featuring interviews with innovators in the field.
- **Dance Place Radio:** This podcast from Dance Place in Washington, D.C., features interviews with choreographers, dancers, and artists, along with discussions on contemporary dance.

FILMS AND DOCUMENTARIES:

- **"Pina" (2011)** - Directed by Wim Wenders, this documentary pays tribute to the work of legendary German choreographer Pina Bausch, featuring stunning performances by her dance company, Tanztheater Wuppertal.
- **"Joffrey: Mavericks of American Dance" (2012)** - This documentary explores the history and impact of the Joffrey Ballet, one of the most influential ballet companies in the United States.
- **"First Position" (2011)** - Follows the journey of young ballet dancers as they prepare for the Youth America Grand Prix, one of the most prestigious ballet competitions in the world.
- **"Restless Creature: Wendy Whelan" (2016)** - Offers an intimate look at the career and personal life of renowned ballet dancer Wendy Whelan as she faces the challenges of aging in the world of dance.
- **"Ballet 422" (2014)** - Follows the creation of a new ballet by choreographer Justin Peck for the New York City Ballet, providing a behind-the-scenes look at the creative process.
- **"Dancer" (2016)** - Chronicles the life and career of Ukrainian ballet dancer Sergei Polunin, known for his extraordinary talent and tumultuous journey in the dance world.
- **"Mr. Gaga" (2015)** - Explores the life and work of Israeli choreographer Ohad Naharin, the creator of the Gaga movement language and the artistic director of Batsheva Dance Company.
- **"Rize" (2005)** - Directed by David LaChapelle, this documentary delves into the underground dance style of krumping and clowning in Los Angeles, showcasing the passionate dancers and their vibrant culture.

- **"Finding the Pulse" (2019)** - Follows the journey of female tap dancers in New York City as they break boundaries and seek recognition in the world of tap dance.
- **"Step" (2017)** - Chronicles the lives of several high school girls from Baltimore as they participate in a step dance team, highlighting the transformative power of dance and education.
- **"La Danse: The Paris Opera Ballet" (2009)** - Directed by Frederick Wiseman, this documentary takes an in-depth look at the daily operations and performances of the Paris Opera Ballet.
- **"Alive and Kicking" (2016)** - Explores the history and resurgence of swing dancing, featuring interviews with passionate dancers and showcasing the joy of social dance.
- **"Five Dances" (2013)** - A drama with documentary elements, this film tells the story of a young dancer who joins a New York City dance company, exploring themes of self-discovery and artistic expression.
- **"Ballet Now" (2018)** - Follows the journey of dancer Tiler Peck as she prepares for a special performance showcasing a variety of dance styles and genres.

YOUTUBE CHANNELS:

- **1MILLION Dance Studio:** Known for its high-quality choreography and dance videos, this channel features a variety of dance styles, including hip-hop, K-pop, and contemporary.
- **Matt Steffanina:** A popular choreographer and dancer, Matt Steffanina's channel offers dance tutorials, choreography videos, and collaborations with other dancers and celebrities.
- **Kyle Hanagami:** Kyle Hanagami is known for his innovative choreography and dance videos. His channel features tutorials, dance covers, and behind-the-scenes content.
- **DanceOn:** DanceOn is a channel that features a mix of dance content, including tutorials, dance challenges, and profiles of dance influencers and artists.
- **Royal Family:** This channel showcases the dance crew known as the Royal Family, featuring their incredible choreography and performances, primarily in hip-hop and urban dance styles.
- **Lia Kim:** Lia Kim is a renowned K-pop choreographer, and her channel offers tutorials and dance covers of popular K-pop songs.
- **Kinjaz:** Known for their precision and creativity, the Kinjaz are a dance group that specializes in hip-hop and urban dance styles. Their channel features performances and behind-the-scenes content.
- **Dytto:** Dytto is a popular dancer and freestyler known for her unique style and robotics. Her channel features dance tutorials, performances, and vlogs.
- **Bailemos:** Bailemos offers dance tutorials and choreography videos in various Latin dance styles, including salsa, bachata, and reggaeton.
- **Dance Tutorials LIVE:** This channel provides easy-to-follow dance tutorials for popular songs in various genres, making it great for beginners.
- **Learn Bhangra:** Focused on the energetic and joyful Bhangra dance style, this channel offers tutorials and breakdowns for Bhangra enthusiasts.

- **The Fitness Marshall:** Combining dance and fitness, The Fitness Marshall's channel offers fun and energetic dance workouts set to popular songs.
- **Brinn Nicole:** Brinn Nicole is a choreographer known for her dynamic style. Her channel features tutorials, dance covers, and behind-the-scenes content.
- **Red Bull Dance:** Red Bull Dance showcases dance battles, competitions, and performances from around the world, featuring a variety of dance styles.

SOCIAL MEDIA ACCOUNTS:

Instagram:

- **@worldofdance:** The official Instagram account of the World of Dance competition and television show features dance highlights, performances, and updates from the dance community.
- **@dancersglobal:** This account shares stunning dance photography and showcases dancers from around the world.
- **@dancemagazine:** Dance Magazine's Instagram account offers a mix of dance news, interviews, and behind-the-scenes looks at the dance world.
- **@danceon:** DanceOn's Instagram features dance challenges, dance covers, and profiles of talented dancers.
- **@dancetraining:** A great source for dance tutorials and training tips, this account provides valuable insights for dancers of all levels.

TikTok:

- **@charlidamelio:** Charli D'Amelio is one of TikTok's most popular dancers, known for her energetic and viral dance videos.
- **@addisonre:** Addison Rae, another TikTok sensation, frequently shares dance content and choreography on her account.
- **@tiktokdance:** This account curates some of the best dance content on TikTok, featuring a wide range of dance styles and creators.

YouTube:

- **1MILLION Dance Studio:** Known for their incredible choreography and dance covers, this YouTube channel offers dance enthusiasts tutorials and behind-the-scenes content.
- **Matt Steffanina:** Matt Steffanina's YouTube channel is a go-to destination for dance tutorials, choreography videos, and collaborations with other dancers and celebrities.
- **Learn Dance:** This channel features tutorials on a variety of dance styles, making it a valuable resource for beginner dancers.

Twitter:

- **@Dance_Teacher:** Dance Teacher magazine's Twitter account provides updates on dance education, techniques, and industry news.
- **@Dance_Magazine:** Dance Magazine's Twitter account shares articles, reviews, and interviews from the dance world.
- **@mistyopointe:** Misty Copeland, a renowned ballet dancer, shares insights into her career and the world of ballet on her Twitter account.

Facebook:

- **Dance.com:** Dance.com's Facebook page features a mix of dance-related articles, videos, and news from the dance community.

- **World of Dance:** The official Facebook page of the World of Dance competition and television show offers updates on the latest dance performances and contestants.
- **Ballet Beautiful:** Ballet Beautiful's Facebook page shares tips and insights on ballet-inspired fitness and training.

PLACES TO VISIT:

- **Royal Opera House, London:** Home to the Royal Ballet, the Royal Opera House in Covent Garden is one of the world's most renowned venues for ballet and opera. You can attend performances by the Royal Ballet and explore the historic building.
- **Sadler's Wells, London:** Sadler's Wells is a contemporary dance venue in London that hosts a wide range of dance performances, from contemporary and ballet to hip-hop and world dance.
- **Pineapple Dance Studios, London:** Pineapple Dance Studios in London is a famous dance studio where you can take dance classes and even spot some celebrities, as it was featured in a documentary series.
- **The Place, London:** This contemporary dance center offers performances, classes, and workshops, making it a hub for contemporary dance enthusiasts.
- **Rambert, London:** Rambert is one of the UK's leading contemporary dance companies. You can watch their performances at various venues in London and learn about their history at their headquarters.
- **English National Ballet, London:** Visit the English National Ballet and attend their performances at different theaters in London. You can also explore their headquarters at Mulryan Centre for Dance.
- **Northern Ballet, Leeds:** Northern Ballet is one of the UK's leading ballet companies. You can watch their performances at venues in Leeds and other cities.
- **Scottish Ballet, Glasgow:** Explore the world of Scottish Ballet by attending their performances in Glasgow and learning about their history and repertoire.
- **Birmingham Royal Ballet, Birmingham:** The Birmingham Royal Ballet performs at venues like the Birmingham Hippodrome. You can attend their shows and see their performances when they tour.
- **Dance Base, Edinburgh:** Dance Base is Scotland's National Centre for Dance, offering classes, workshops, and performances in various dance styles.
- **The Lowry, Salford:** The Lowry is a theater and arts complex in Salford, Greater Manchester, known for hosting dance performances by various companies.
- **Dance Museums and Exhibits:** Keep an eye out for dance-related exhibits and collections in museums like the Victoria and Albert Museum (V&A) in London, which often showcases dance costumes and artifacts.
- **Local Dance Events and Festivals:** Many cities and regions in the UK host dance events and festivals celebrating various dance forms, so check local listings for dance-related activities during your visit.

LOCAL CLUBS OR SOCIETIES:

- Anamal Dance Copmany
- Mavlow School of Dance
- Phoenix Dance and Drama
- Barbara Roberts Dance
- Hoylake School of Dance
- Merralls Dance Centre
- Create Dance
- Irby Dance Studio
- Danza
- Funkstar Dance
- Wallasey School of Ballet