



ARIZONA
DANCE E★

JULY/AUGUST 2014

statewide listing of performances
master classes | auditions | articles
tips | news | *and more*

BONNIE PRUDDEN MYOTHERAPY

SPRAIN TODAY

DANCE TOMORROW

PART V

GRAND CANYON

SALSA FESTIVAL

FLAGSTAFF

FRED ASTAIRE DANCE STUDIOS

USO BENEFIT SHOW

MESA ARTS CENTER

JERSEY BOYS

2006 TONY AWARD BEST MUSICAL

2006 GRAMMY® AWARD

BEST MUSICAL SHOW ALBUM

2009 OLIVIER BEST NEW MUSICAL

ASU GAMMAGE

BRIDGET WHITMAN

MAKES TOP 20 SYTYCD

SEASON 11



Arizona Dance e-Star

a publication of the **Arizona Dance Coalition**

Volume 4, Issue 7

July/August 2014

Table of Contents

Calendar of Events	3-5
Intensives, Master Classes, etc.....	6-9
Professional Dev/ Submissions	10
Camps & AZ's Got Dance!	11, 21
TPAC LUMIE Winners.....	12
Auditions	13, 28
Announcements	14
Regional News.....	15-16
Photo of the Month <i>Artifact Dance /</i> <i>Ed Flores</i>	16
Member Spotlight: <i>DAHT</i>	17
Social Dance News.....	18-20
National Dance Day/ Dizzy <i>GRANT</i>	21
Article: <i>Myotherapy, Part V/ Sprains</i> ..	22-26
NEW BIZ Talk / JOBS	27
ADC Member Benefits	29
Arts orgs dying discussion	29
Choreography TECH Tip	30
Subscribe to Arizona Dance e-Star	30
Join the Arizona Dance Coalition....	30
Arizona Dance Coalition Sponsors ..	30

Dear readers,

We have much to celebrate this month, especially at the end of the month when it is *National Dance Day* on July 26 (last Saturday in July) and *Dancers and Health Together* is producing *Arizona's Got Dance!* (pgs 11, 17, 21).

Bridget Whitman (cover) is a *Tempe Dance Academy* student and has made it to the Top 20 in this season's *So You Think You Can Dance*. Congrats, Bridget! We will be supporting & voting for you! More congrats to *Julie Gallego* (ADC member), *Kimi Eisele*, and *Artifact Dance Project* for winning a *Tucson Pima Arts Council LUMIE Award!* (pg 12)

Both the *Grand Canyon Salsa Festival* (Sept) and the *Tucson Salsa Bachata Festival* (Oct) are offering Early Bird discounted passes. Please consider purchasing your passes now to help these organizers pay for the many expenses they are faced with now. *They need your support.*

The ADC would like to schedule some workshops with *Enid Whittaker* in the fall. She has written five articles for us so far on the *Bonnie Prudden Myotherapy* technique and I know you'd like a hands-on session or two as well. You will find this month's article very interesting, as it gives an alternative to R.I.C.E. for treating sprains. (pgs 22-26) Our "painful points" tell a story. Time to rewrite the story! Both *Enid* and *Dr. Walter Gutowski* (pg 27) can help you!

Happy 4th of July! Participate & dance! and ...



ENJOY!!!

Krystyna Parafinczuk
Editor & ADC Treasurer

The **Arizona Dance Coalition** is a membership-based, statewide 501(c)(3) nonprofit dance organization creating connections and communication between the general public and the dance community. ADC membership is available to individuals and organizations interested in the art of dance. You may join online at AzDanceCoalition.org. All questions about membership and sponsorship can be sent to Lisa@AzDanceCoalition.org. Calendar of Events are posted online by ADC members. Article submissions, news, letters to the editor and advertising sales can be sent to Krystyna@AzDanceCoalition.org. Additional ADC contact information is on the last page. *Past e-newsletters available at azdancecoalition.org/newsletters/.*



July 11-12, Friday 7 pm, Saturday 7 & 10 pm. Phoenix Theatre's Hormel Theatre, 100 E McDowell Rd, Phoenix. **Scorpius Dance Theatre** closes out its season with **Catwalk...I Love Duran Duran**. The popular show returns with a focus on the iconic '80s British rock group, Duran Duran. The entire production will pay tribute to the band's fashion forward style, ultra sexy music videos, and chart-topping music. Act I will be devoted to dance, music video-style light shows and Duran Duran fan parodies, while ACT II will feature live music by L.A.-based tribute band RIO. Box Office: 602-254-2151 or [tickets](#).

July 19, Saturday, 10 am-1 pm & July 27, Sunday, 12-3 pm. Musical Instrument Museum (MIM), 4725 E Mayo Blvd, Phoenix. **Step's Junk Funk performs at MIM's Teachers Preview Day**. Free for Arizona K-12 educators, administrators, principals, registered student teachers, and homeschool educators. Take a sneak peek at MIM's newest school tour option and see demonstrations of our Science Curriculum. Win great prizes including: concert tickets, MIM gift cards, dinner at local restaurants, supplies for your classroom, and more. **July is Educator Appreciation Month at MIM!** *Step's Junk Funk performance is only 30 minutes long: 10 am Saturday & 12 pm Sunday.*



July 22-August 10, times vary. ASU Gammage, Tempe. **Jersey Boys**. 2006 Tony Award®-winning Best Musical about Rock and Roll Hall of Famers The Four Seasons: Frankie Valli, Bob Gaudio, Tommy DeVito and Nick Massi. This is the story of how four blue collar kids became one of the greatest successes in pop music history. They wrote their own songs, invented their own sounds and sold 175 million records worldwide – all before they were 30! JERSEY BOYS, winner of the 2006 Grammy®

Award for Best Musical Show Album and most recently, the 2009 Olivier Award for Best New Musical, features their hit songs "Sherry," "Big Girls Don't Cry," "Rag Doll," "Oh What a Night" and "Can't Take My Eyes Off You." Tickets: boxoffice@asugammage.com, 480.965.3434.



August 2, Saturday, 2 pm. Mesa Arts Center, One E Main St, Mesa. **USO Benefit Show presented by Fred Astaire Dance Studios.**

The glitter and grace of ballroom dancing return to the Mesa Arts Center when Fred Astaire Dance Studios present a benefit show for the USO. To honor and support our military, all proceeds from ticket sales will be donated to the USO. The show is an afternoon of entertainment for the entire family, highlighted by performances by both amateur and professional dancers from all over the Valley that are both touching and exciting. Featured numbers include military- and patriotic-themed dances as well as pieces to old and new standards such as "In the Mood" and Bette Midler's "From A Distance." The audience will also enjoy a couples' formation to "Top Gun," and a group number that highlight's America's favorite pastime, baseball. Tickets \$20, Mesa Arts Center box office, or by calling any Arizona Fred Astaire Dance Studio. Email at fredastairearizona@fredastaireaz.com. Join us! As the USO says, "Our troops and their families have given so much for us and now they need our help." Call for details 480-473-0388.

formation to "Top Gun," and a group number that highlight's America's favorite pastime, baseball. Tickets \$20, Mesa Arts Center box office, or by calling any Arizona Fred Astaire Dance Studio. Email at fredastairearizona@fredastaireaz.com. Join us! As the USO says, "Our troops and their families have given so much for us and now they need our help." Call for details 480-473-0388.

September 4-7, Thursday-Sunday. Doubletree by Hilton, 1175 West Route 66, Flagstaff. **2nd Annual Grand Canyon Salsa Festival.** Join us for an amazing experience in the beautiful scenic mountains of Flagstaff, Arizona. Come learn in the most relaxed and intimate workshop setting in the US. Top US Instructors Nery Garcia & Giana Montoya returning to teach you the hottest dance moves and challenge your skill level, plus workshops on everything from individual styling, spins, and very special Salsa Boot Camp for everyone interested in wonderful world of Dance. Three nights of Performances and Themed Social Parties, and dance till the sun comes up with our 2 roomed after parties at Tranzend - Studio Fitness. Come early and tour amazing natural wonders of the Grand Canyon with our special tour package and dance on the rim. Special room rates available, Performer and Instructor Packages available. Over 25 Workshops, beginners to advanced , 2 rooms of parties featuring Salsa, Bachata, Cha Cha, Zouk, Kizomba and more. www.grandcanyonsalsafestival.com. Interested performers and instructor inquiries for Student Package rates, Group rates, or Performance Line Up. Contact us at: dance@grandcanyonsalsafestival.com.



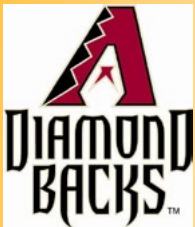


September 20, Saturday, 9 am–3:30 pm. Grand Canyon University, 3300 W Camelback Rd, Phoenix. **AzDEO College Connections Expo.** An opportunity for High School students to connect and

learn about opportunities in Dance in our Higher Education Institutions, and for Higher Education Institutions to market their program and recruit High School students. Also for Community College students interested in transferring to a four-year institution.

\$10 per higher ed institution. To register go to <http://azdeo.org/dance/events/college-expo-higher-ed/>. \$10 per student or if registering a group of students from one school or studio, \$50 for 7 students. To register *individually*, go to <http://azdeo.org/dance/single-student-registrations/>. To register a *group of students* go to, <http://azdeo.org/dance/multi-student/>.

Registration deadline is September 6th.



September 28, Sunday, 1:10 pm. Chase Field, 401 E Jefferson St, Phoenix.

2014 D-BACKS DANCE DAY. ARIZONA DIAMONDBACKS VS ST. LOUIS CARDINALS

The **Arizona Diamondbacks**, along with the **Arizona Dance Coalition** and the **Arizona Dance Education Organization**, invite you to the **D-backs Dance Day!**

All participating teams will be able to learn a choreographed dance routine and perform it on the field prior to the game. The performance will take place on the field and will be highlighted on dbTV. A DVD of the routine and pre-game practice details will be provided following reservation. D-backs Dance Day is sure to sell out fast! Performance spots are limited and will be filled on a first-come, first-served basis. **A portion of the proceeds from each ticket sold can be donated back to your team.* Ask for more details. For more information or to reserve your spot contact Tom Demeter at 602.462.4244 or tdemeter@dbacks.com.

SUBMISSION DEADLINE

**September ISSUE
of the**

Arizona Dance e-Star

August 25

CALENDAR OF EVENTS listings are taken from the **Arizona Dance Coalition** website postings by ADC members.

All postings of events are restricted to 501(c)(3) organizations *with the exception of charitable and free events, educational workshops and master classes.*

All submissions are monitored. Content may be edited.

AzDanceCoalition.org

Master Classes / Workshops



Wall-2-Wall Dance Center, 617 S McClintock, Suite 3, Tempe.

Saturday workshops in **July** with guests **Krista Walker**, Jazz July 12, **Kristie Betz**, Tap July 19, and **Liisa Walimaa**, Yoga July 26. **August 2** benefit for **Arizona Camp Sunrise**. Details below. Pre-registration www.w2wdance.com, via phone (480)317-3000, or in person at the studio. Members: price

in advance \$10/ 1 class, \$18/ both. Walk-in price: \$12.50/ 1 class, \$20/ both. Non-members: price in advance \$15/ 1 class, \$26/ both. Walk-in price: \$17.50/1 class, \$30/ both.



July 12, Saturday, 12 pm - Beginning Jazz, 1:30 pm Intermediate/Advanced Jazz Workshop.

Classes are with **Krista Walker**. Krista has been studying and performing various styles of dance for over 30 years. She has been an instructor for over 20 years; choreographing hundreds of pieces for various groups in California and Arizona, as well as teaching master classes to multi-generational groups. Krista received her AFA from Mesa Community College and a Bachelor's degree from ASU and is a Recreation Therapy Specialist. Krista has returned to school to pursue a Masters in Arts and Education in Curriculum and Instruction. Krista is currently an Adjunct Faculty member in the Exercise

Science and Dance Department at MCC; teaching multiple sections of Modern Jazz, Modern levels I-IV, and Hip Hop. Krista is the Community Engagement Coordinator for EPIK Dance Company; responsible for company classes, residencies, workshops, curriculum development, and serves as rehearsal director. In addition, Krista has served as Regional Program Director for agencies supporting adults with developmental disabilities, Recreation Coordinator for the City of Scottsdale Adapted Recreation Department, Student Services Specialist for Mesa Community College, Programs and Services Chair on the Board Of Directors for EPIK Dance Company; and serves as a community consultant for state agencies, non-profits, and school districts; developing curriculum, monitoring delivery systems, and providing arts opportunities for all.



July 19, Saturday, 12 pm. Intermediate Tap, 1:30 pm Advanced Tap. As a seasoned entertainer, **Kristie Betz** (Los Angeles) has performed for many years in the U.S. and abroad delighting audiences with her expressive style and warmth. She has toured with numerous Production Companies, dancing in such venues as the Hollywood Bowl, has performed with the Ringling Bros. & Barnum and Bailey Circus and spent many years dancing for Princess Cruises. She was given the opportunity to solo in the 2010/2011 International Tour of "Caution Men at Work - Tap" where she also performed alongside such tap greats as Bob Carroll & Hiroshi Hamanishi. She has been blessed, as well, to share the stage with Channing Cook Holmes in a Tap Overload Production of "Office Beat" and most recently can be seen as a guest performer on a Tap Instructional DVD

where she performs alongside her mentor, Denise Scheerer. Kristie has had the opportunity to study with & be influenced by such tap teachers as Steve Zee, Sarah Reich, Channing Cook Holmes, Denise Scheerer, Chance Taylor & Bob Carroll to name a few. She is currently on staff at the Dance Arts Academy in Los Angeles & is on the rotating teachers list at the Performing Arts Center in Van Nuys. She also substitute teaches at the Debbie Reynolds Studio as well as the Millennium Dance Complex.

continued on the next page

Master Classes / Workshops



July 26, Saturday, 12 pm. Beginning Acro-Yoga with Liisa Walimaa. 1:30 pm Acro-Yoga Flow.

Must have taken Level 1 (same day OK) or be able to do Bird Pose with confidence. Liisa is a lifelong dancer with a background in gymnastics. Whilst seeking something--anything--that wasn't competitive, she found yoga. Years and years, and more than 30,000 downward-facing dogs later, she leads yoga practices with a unique blend of grace, athleticism, and humour--without a hint of competition. She is an Experienced Yoga Teacher (E-RYT), registered with Yoga Alliance, and teaches over 1000 hours a year in group classes, workshops, and for private clients. Serving yoga practitioners of all levels of experience and ability, her classes reflect the integration of many styles of yoga, as well as nerd-level information

about anatomy and body-mechanics. Liisa & her husband Bill are specialists in Partner Yoga, teaching several workshops a year together, including the very popular "Vinyasa & Vino," combining partner yoga with wine, and Acro-Yoga playshops, which bring a little Cirque du Soleil into the yoga practice. When they are not on their yoga mats, you'll likely find them wherever there is music, enthusiastically dancing the *Lindy Hop* or engaged in a sultry *Argentine Tango*. The couple regularly performs at events and benefits, and with two local bands. You might have seen them performing during the India Festival, or dancing in an art installation at ARTEL-PHX, on the catwalk during Phoenix Fashion Week, and in a major motion picture. Together, they also teach social and swing dancing lessons for small and large groups. Supporting the community, Liisa developed and is sustaining a yoga outreach program allowing Phoenix's homeless population to participate in no-cost yoga and meditation practices with qualified teachers several times a week. When she is not on her yoga mat or on a dance floor, you might find her plucking out a tune on her yellow ukulele, Jake.

August 2, Saturday, 9-3 pm. Wall-2-Wall Dance Center, 617 S McClintock, Suite 3, Tempe.

Fitness Frenzy Benefiting Arizona Camp Sunrise. Join us for a day of fitness classes with all proceeds going to Arizona Camp Sunrise (this is a camp for kids with cancer). Fitness classes will include Zumba, LaBlast, Pound, Pilates, and Yoga. Suggested donation \$10 per class.

Glendale Community College Dance Master Classes

August 20-23 JoJo Diggs & August 29-September 1 Helene Phillips

FREE and Open to the Public - rebecca.rabideau@gccaz.edu



August 20-23, Wednesday-Saturday, 10-11:30 am. Glendale Community College FC 101 Dance Studio, Glendale. **Guest Artist Residency with JoJo Diggs ~ Master Classes in Urban Dance.**

Stylistically ahead of her time, Jojo continues to bring dance to a whole new level through her rare combination of training, energy, and expression with a strong focus in house and hip-hop. Jojo promotes encouragement, acceptance, and love to each and every student she is fortunate enough to encounter along her journey. Jojo has taught across the US, Europe, and Asia but bases her home in L.A. where she teaches classes at Edge Studio and Debbie Reynolds.

continued on the next page

Master Classes / Workshops

August 23, 12 noon. Open Rehearsal with Guest Artist JoJo Diggs and VERVE Dance Company. VERVE Dance Company will perform work choreographed by guest artist JoJo Diggs, followed by a Q&A session.

August 29-September 1, 10-11:30 am. GCC Dance Guest Artist Residency with Helene Phillips. Helene Phillips is a true visionary with an incredible talent for keeping her body of work passionate, committed, and most importantly, "real." From performing to choreographing, to directing, she has contributed to some of the worlds most acclaimed productions! Helene's credentials speak for themselves. Beginning in the 1980s, Helene was quickly named one of the top dancers of her time. She was one of the original "Solid Gold" dancers as well as lead dancer in such movies as "Stayin' Alive" with John Travolta, "Dr. Detroit" with Dan Akroyd, and "Going Berserk" with John Candy.



This experience opened up many doors for Helene whose career rose to new levels starting with assistant choreographer on the film, "A Chorus Line" featuring Michael Douglas. From there, she quickly segued to calling all the shots on Michael Jackson's 3D film "Captain EO" and working with Madonna on her "Who's That Girl" world tour. As a choreographer Helene was nominated for an Emmy for her work on "Papa's Angels" starring Scott Bakula and Cynthia Nixon.

September 1, Monday, 12 noon. Open Rehearsal with Guest Artist Helene Phillips and the VERVE Dance Company. VERVE Dance Company will perform work choreographed by guest artist Helene Phillips, followed by a Q&A session.

Phoenix ~ Parkinson's Dance Workshops in July, Thursdays, 11:30 am - 12:45 pm. \$5 Elizabeth Keith Movement Education, 16620 N 4th St, Phoenix. Sponsored by the Muhammad Ali Parkinson Center, this program is modeled, in part, on the Dance for PD® program developed at Mark Morris Dance Group, Brooklyn, New York. Classes begin with a seated warm-up, progress to standing work and graduate to learning and taking dance phrases across the floor. www.movebettertoday.com, 602/885-8006.

Tucson ~ Parkinson's Dance Classes, July 23 & August 27, 2:30 - 4 pm. FREE Animas Center, 5575 E River Rd, Tucson. www.animascenter.com. Call 520-989-0766 to register. Questions? Contact Magdalena Kaczmarzka at magdakacz@gmail.com or Karenne Koo at karenne@evolvedance.org.

Master Classes / Workshops / Summer Intensive

Tucson ~ CREATIVE DANCE TEACHER TRAINING with Mettler Studios taught by Mary Ann Brehm, PhD and Griff Goehring, MA.

July 14-18, Monday-Friday. Tucson Creative Dance Center, 3131 N Cherry Ave, Tucson. **Mettler Studios' Creative Dance Teacher Training** provides a full-immersion experience of individual and group dance improvisation and strategies for teaching this material for all ages and abilities. The work is based upon principles of dance developed by Barbara Mettler. **Academic credit is available** through the Herberger Institute of Design and Art, School of Film, Dance and Theatre of Arizona State University. Contact Dr. Pegge Vissicaro, pegge@asu.edu. CEUs are also available through the University of Arizona Outreach College. Tuition: \$300 scholarships available. For more information see www.mettler2014.blogspot.com or contact mabdance@aol.com.

Tucson ~ August 9, Saturday, 9 am-12:30 pm. BodyQuest Pilates, 2900 E Broadway Suite 138, Tucson.

Franklin Method Tucson Community Class by Pat Guyton. Release your Neck & Liberate your Shoulders. This workshop will demonstrate how imagery and touch can be used to eliminate stiffness and pain. The Franklin Method teaches functional anatomy using imagery in a fun, informal and experiential environment. Includes Franklin Balls (Fee after June 7 \$150). Fee for entire professional development weekend: 16 PMA CEC's. Register by June 7 to receive an Early Bird rate \$330. \$390 after June 7. To register 520/312-7755. www.bodyquestpilates.com.

Tucson ~ August 5-23. Artifact Dance Project Professional / Pre-Professional Summer Intensive.

Artifact Dance Project Studios, 19 E Toole, Tucson. Designed to push boundaries, increase stamina and strength and refine skills for absorbing advanced choreographic concepts. \$300 by July 1 deadline (\$5/class). After Aug 3, \$350. Class Card Rate: \$10. Faculty: Claire Hancock, Ashley Bowman, Tammy Dyke-Compton, Christopher Compton. Requirements: 10-15 years ballet, contemporary, jazz, modern. At least 16 yrs old. <http://www.artifactdanceproject.com/#!summer-intensive/cudj>

Glendale ~ September 20, Saturday. Balanced Physical Therapy Pilates & Wellness Center, 20325 N 51st, Suite 148, B6, Glendale.

Polestar Pilates Fall Comprehensive Teacher Training. The Polestar curriculum, designed by physical therapist and Orthopedic Certified Specialist **Brent Anderson**, is based on a scientific foundation of anatomy, physiology, biomechanics and motor control, and integrates scientific research findings in the areas of orthopedics, sports medicine and movement science. Our teaching method is interactive, helping you assess the whole person - physically, psychologically, emotionally and spiritually. The educational approach incorporates: discussion forums, labs (doing, observing, teaching), problem solving (utilizing case studies and deductive reasoning), incorporates hands-on teaching (group and individuals), assessment skills, principles of neuro-linguistics (modeling, sequencing and structuring information). If you are looking for a way to take your practice to the next level, this could be for you! Contact Polestar Pilates Education 800-387-3651 or online at polestarpilates.com.

Professional Development Course / Meeting



July 21, Monday, 9 am -3 pm. Back to School Dance Infusion. Dance Core Arts Standards, Authentic Assessments and Dance Educator Evaluation Advocacy. Denise Rapp's House from 9-3 pm, 5635 E Lincoln Drive #34. Paradise Valley. Cost is free and lunch will be provided. Certificate of hours will be awarded. Please RSVP to Lynn at lmanson@cox.net **by July 16.**

July 26-31 - AzDEO is co-sponsoring **Language of Dance Foundations Part 1** for professional development. This course will be taught by Susan Gingrasso and Dr. Teresa Heiland and will be held at Grand Canyon University, 3300 W Camelback Rd, Phoenix. It is designed for dance and movement educators, classroom teachers and arts specialists who wish to bring movement literacy into their practice. Actively experience, explore and apply the Language of Dance Approach to dance and movement practices to promote dance literacy, support integration of the kinesthetic, cognitive and socio-emotional domains of learning, uncover the pedagogical frameworks that support deep learning in dance to integrate the LOD Movement Alphabet into to artistic and pedagogical practices. The aim of this motif notation pedagogy immersion course is to develop dance literacy among dance and arts educators. We still have several spots available but we will be capping off registration at 30 to ensure the highest quality experience to our participants. Contact Susannah Keita at susannah.keita@gcu.edu. To register, go to www.lodcusa.org. For more information, contact Susan Gingrasso, sgingrasso@lodcusa.org or 715-498-9147.

Call for Artists / Dance Submissions

Arizona DANCE Festival

October 9-11, 2014

Application available NOW for pros emerging artists & individuals

All Genres | All Styles ~ Deadline July 11, 2014

Download form [here](#). \$25 non-refundable application fee | \$10 for each additional piece.

For more information, contact Lisa@DesertDanceTheatre.org or call **480/962-4584**

ARTELPHX Fall 2014

September 25-27, 2014

All Genres | All Styles ~ Deadline for entries August 22, 2014

Download form [here](#).

World's largest independent hotel art installation presented at The Clarendon Hotel and Spa, Phoenix.

Showcasing art beyond the confines of galleries and museums...

ARTELPHX transforms unexpected spaces into site-specific art installations featuring multi-media artwork, video, performance and dance. Each session brings 20+ artists together to present a three-day show.

SUMMER CAMPS & Arizona's Got Dance!



ZUZI! Dance Camps, 738 N 5th Ave, Tucson. To enroll, call 520-629-0237. Full and partial scholarships available. Email zuzisphere@gmail.com. Sibling discount rate of \$25/child. *Photo by Larry Hanelin*

High Flyin' Arts Camp, 2 week session, ages 7-15: **July 7-18, 9 am-3 pm, \$400**. This literature-based art camp allows students to explore the performing arts of music, aerial dance and creative movement as well as theater, writing, drama, visual arts and costume design. Classes will use a timeless, classic, children's story as a

jumping off point for crafting choreography, creating costumes and sets, making works of art and exploring music. This camp will culminate in an integrative performance for parents and friends. The book explored this year will be *The People Who Hugged The Trees* adapted by Deborah Lee Rose. Classes: *aerial dance, creative movement, costume design, music/drama/theater, visual arts & poetry*.

Move It! Dance Camp, 1 week session, ages 9-15: **July 21-25, 9 am-3 pm, \$200**

This is an intensive camp for the serious dance student. All experience levels are welcome. Campers will focus on exploring different dance and movement forms. Classes: *modern dance, ballet, aerial dance, yoga & choreography*.



KU Studios, Home of Kids Unlimited, 6066 N. Oracle Rd, Tucson. \$100 each session

Best of Broadway and Television, **July 14-18, 9 am-4 pm, 4th grade and up**. Explore some award winning musicals. Sing, dance, act and study favorite shows. All camp materials and costumes will be provided.

Character in Training Camp, **July 21-25, 9 am-12 pm, ages 3-6**. In the world of make believe, Disney is king and your little ones can't help but dream of one day being one of their favorite characters. Skies the limit in the World of Disney!



Arizona's Got Dance! 2014 Workshop (AGD14) on **Saturday, July 26, 12 noon - 7 pm**. Center Pointe Dance Academy, 4825 W Warner Rd #11, Phoenix. Details at www.dahtinc.org.

Nutrition taught by **Dr. Majera Majidi** - This class will help you understand the kinds of food you should eat to help you get the most out of dance and frequent physical activity.

FREE NUTRITIONAL LUNCH

Strength, Agility, Conditioning taught by **Dr. Majera Majidi** - This class will focus on increasing strength, learning about agility, and how conditioning can help you with both.

The S.E.E.D. Method taught by **Tracy Puddy** - S.E.E.D. stands for *strengthen, elongate, exercise through dance*. Learn how to stretch appropriately, execute minute ballet exercises, utilize cardio practices, and to "cool down" toward the end of class.

Mind and Body Attention taught by **Joel Brame** - Learn to understand wholistic medicine, healing, and preparation to utilize your body AND mind appropriately throughout dance practices.

Injury Prevention/Stretching taught by **Pippa Frame** - This class will help you understand how to utilize dance and its health benefits, especially when it comes to stretching.

National Dance Day Routine (teacher TBD) - Learn the National Dance Day routine on National Dance Day! This is a day to celebrate dance in our great nation, so anyone and everyone should join!

AWARDS



Tucson Pima Arts Council Lumie Arts & Business Awards ceremony was held at the Tucson Museum of Art Plaza Gardens, Downtown Tucson, on June 6. Now in its 13th year, the Lumies recognize the many talented individuals, groups and businesses that contribute to

making Southern Arizona a wellspring of creative vitality. The award is a glass sculpture designed by **Tom Philabaum**.

The **Arizona Dance Coalition** and all its members would like to congratulate and thank the following winners for all they do for **DANCE** in Tucson and Southern Arizona.



Artist Lifetime Achievement ~ ADC member **Julie Gallego** is founder of **Ballet Folklórico San Juan**, choreographer and educator, and has taught Tucson youth about folklórico dance and the Mexican culture for 30 years. She has been an innovative leader in folklórico and Hispanic Performing Arts in Tucson, mentoring thousands of children. A former instructor at the **Tucson International Mariachi Conference** and founder of the **Las Vegas Mariachi & Baile Folklórico Conference**, Gallego founded the **Viva Hispanic Performing Arts Center**, a dance and music studio and **CHISPA Foundation**, in order to enrich the lives of children and their families through culture and dance. Under her guidance **VIVA** dancers have performed everywhere from the professional stages of Tucson, Los Angeles, New York, and Las Vegas to the London Olympics, and represented Tucson in the Arizona Centennial Celebration.

Established Artist ~ **Kimi Eisele**, dancer, choreographer, writer, teacher, artist, facilitator and artistic director of New ARTiculations Dance. She regularly collaborates with other Tucson artists and organizations, illuminating art's role in a deeper understanding of each other and the community.



Emerging Arts Organization ~ **Artifact Dance Project** is a contemporary dance company committed to merging other art disciplines, including original and live music, into its contemporary dance performances. It's just six years old, but already its full-length works have won a solid audience here and brought invitations to perform in China. Photo by Ed Flores, dancers Shelly Hawkins and Jeff Bacigalupo in "Speak Easy."

Auditions ADC Members



July 23 & 24, Wednesday & Thursday, 6-8 pm. **Scorpius Dance Theatre Auditions**, Metropolitan Arts Institute, 1700 N 7th Ave, Phoenix. **Dance Auditions:** (July 23) Studio A; **Aerial Auditions** (July 24) Studio B. *All interested performers must contact Lisa Starry by July 22. Resume and Head Shot required at auditions. Call 602/258-9511 or email Lisa Starry, Artistic Director, lisa@scorpiusdance.com

August 9, Saturday, 1:30-3 pm (arrive 10-15 minutes early to register). Sunago Community Center, 13945 W Grand Ave, Suite 104, Surprise. Company Auditions for **West Valley Conservatory of Ballet**. Seeking students and adults who would like to join our performance company to tour throughout the west valley to further our mission.

Fee \$10. **1:30-2 pm Warm-up Barre, 2-3:30 pm Performers Present Variations.**

Students- Must be at least Level 3, regular class attendance, letter of recommendation (*if not a part of our academy*). **Adults-** Ability to maintain a professional atmosphere, training in primarily ballet, pointe work is a plus. Rehearsals will be held on a weekly basis at our studio as follows:

Youth Company- Friday evenings 5-6:30pm and some Saturdays from 4:30-6:30 pm.

Adult Company- Friday evenings 6:30-8 pm and occasional Saturdays from 4:30-6:30pm.

Performers must have a classical ballet variation prepared for audition. Following a short warm-up, performers will present their variation. Bring your own music (CD or iPod). Adult performers must bring a Head Shot and Resume. Variations will be presented in order of student arrival. To learn more, visit wvballet.org.



Ballet Etudes Company & Nutcracker Auditions - \$15

Fee. 2401 E Baseline Rd, Gilbert

August 23, Saturday, 12:45 registration – Intermediate; 2:45 pm registration – Advanced. Ages 9-18.

September 6, Saturday, Nutcracker auditions. Boys 1-1:30 pm, girls 1:30-3:30 pm. Advanced Audition (point work is required) 3:30-6:30 pm. Ages 7-18. Questions on which audition to attend? Call 480/558-2080 or email us at info@balletetudes.net.



More auditions on pg ____.

Announcements



Congratulations to **Bridget Whitman** for making it to the Top 20 in this season's **So You Think You Can Dance!**
 Bridget studies at the Tempe Dance Academy.
 Facebook page: <https://www.facebook.com/Dance11Bridget>.
 She already has 2,417 "likes" as of July 1!

OPEN HOUSE

August 2, Saturday, 10 am – 2 pm. Sunago Community Center, 13945 W Grand Ave, Suite 104, Surprise. Open House/Registration for **West Valley Conservatory of Ballet**. You are invited to join us for an Open House-Registration day. Come learn more about our organization, meet the teachers and register for our upcoming season of classes. Light refreshments will be provided. Placement classes will be held as follows: 10-10:45 am for ages 8-10, 11-11:45 am for ages 11-13, 12-1 pm for ages 14 and up.



USA Int'l Ballet Competition

Ballet Arizona dancers **Arianni Martin** and **Nayon lovino** performed in the final round of the **USA International Ballet Competition!**

Arianni Martin (Cuba, Sr.) & Nayon Rangel lovino (NCP) performing Nayon Rangel lovino's piece "Inner Layer"
 ©2014 Richard Finkelstein / Ballet Arizona

School Auditions Saturday, August 23. Times vary with age starting at 9:30 am. For detailed schedule, call 602/381-0188, email school@balletaz.org or visit <http://balletaz.org/school/register-auditions/>
 Ballet Arizona, 2835 E Washington St, Phoenix.

Phoenix Dance Review

This blog is a collection of reviews from dance performances in the Phoenix Valley with the intention to promote dance events in Phoenix as well as generate a dialogue amongst dance fanatics! If you would like to share your review, or if you would like a reviewer to attend your event, contact Julie Akerly (www.julieakerly.com).
<http://phoenixdancereview.blogspot.com/>
<https://www.facebook.com/PhoenixDanceReview/info>

COMPETITION DANCE SURVEY! Dancers ages 13-18 are requested to complete a 20 minute survey. The research is exploring the link between competitions and gender. Conducted by ASU Professor Karen Schupp. Contact Karen at karen.schupp@asu.edu. Everyone who completes the survey will have the option to be entered in a drawing for a \$150 Discount Dance Supply gift certificate.

Regional Events

Central Arizona ANNOUNCEMENTS & EVENTS

July 12-13, Saturday-Sunday. Choreography Pros Dance Convention. Hilton Scottsdale Resort, Scottsdale. \$325/person. Individual/Solo dancers 18 yrs/older that can pick up choreography quickly are also encourage (in addition to pro & college teams) to register for our convention! Choice of 10 out of 29 classes, 10 different choreographers, all edited mixes for 29 choreographed routines for you on a flashdrive key chain. Register here! <http://choreographypros.com/event-regis>.

August 23, Saturday. Arizona Dance Artistry Studios, 1745 W Deer Valley Rd, Suite 102, Phoenix. **Phoenix Youth Ballet Theatre Nutcracker Open Auditions.** 7 years and up. \$10. Details: Samantha Scotto Gobeille, Studio Director, 602/314-8033, office@arizonadanceartistry.com, www.phoenixyouthballet.org.

September 27, Saturday, 12 noon-7 pm. Glendale. **2nd Annual West Valley Island Cultural Festival.** Fun contests, singles mix & mingles, prizes, workshops and more! Businesses are welcome to donate prizes in exchange for free advertising on the website and program. Contact Kalena, 623-255-8491, 602-574-4635 (cell). wvislandculturalfest.com. We will be donating 50% of the admission fee to the Boys & Girls Clubs of Metro Phoenix. Vendor information is on the website.

Southern Arizona ANNOUNCEMENTS & EVENTS

Centre Stage Dance Studio is MOVING! The school maintained space at the El Conquistador Country Club for many years (Oro Valley). We are moving to 10370 N LaCanada Dr, #170 (corner of LaCanada & Lambert), and holding classes in both locations for the time being.

NEW STUDIO: BC Dance: The Ballet Conservatory of Dance Music & Art, Paloma Village (behind Starbucks), 6330 N Campbell, Suite 110, Tucson. <https://www.facebook.com/pages/BC-Dance-The-Ballet-Conservatory-of-Dance-Music-Art/1462787013961213>

NEW STUDIO: Artifact Dance Project opens dance studio for students ages 16+ offering morning and evening classes with a strong focus in ballet. Located in the Tucson warehouse district downtown on the corner of Stone & Toole next to Solar Culture. Visit www.artifactdanceproject.com for details. Studio opens September 1.

New ARTiculations film, **Rosemont Ours**, can be viewed online now at www.rosemontours.com. Rosemont Ours: A Field Guide celebrates the plants and animals of the Santa Rita Mountains of Southern Arizona, and its nearby riparian areas, featuring movement

continued on the next page

Regional Events

meditations of over 20 species – from Coleman's Coralroot Orchid to Filamentous Algae, Desert Tortoise to Jaguar – performed by trained modern dancers. The video a project of NEW ARTiculations Dance Theatre in collaboration with visual artist Ben Johnson. It was directed by Kimi Eisele and filmed/edited by Ben Johnson. An original musical score was composed by Vicki Brown and David Sudak.

Athletes, Non-Athletes, Knees, Trigger Points and Bonnie Prudden Myotherapy®

Author Enid Whittaker, Managing Director, has posted a blog on **KNEES GO FIRST** - a summer special! Check it out now! <http://bonnieprudden.com/blogs/athletes-non-athletes-knees-trigger-points-and-bonnie-prudden-myotherapy%C2%AE>



The [Alphabet of Underwear](#) video clip featuring ADP dancers promoting the upcoming Underwear Party at Hotel Congress July 19, 9 pm. 1200 people showed up last year!

Photo of the Month
Artifact Dance Project, Tucson
 Photo by *Ed Flores*

Consider becoming an ADC member, being a part of a statewide dance community and enjoying the member benefits and discounts offered by our members and more than 20 Merchants throughout Arizona ~ *graphic designers, photographers, dancewear stores, dance studios, printers, costume designers, venues, etc.* Review the benefits towards the back of this magazine.



Dancers and Health Together, Inc. (DAHT) is in the Member Spotlight

DAHT's mission is to present opportunities that develop awareness of the "mind and body connection" through **dance**. We have held workshops and showcases for trained dancers, presented programs for underprivileged students and children with special needs, collaborated with many organizations and individuals, and even made a documentary. Each and every one of those activities helped us progress and taught us more about the human mind, body, and their connection with dance.



DAHT's fifth year anniversary is occurring in August, and we are so excited to celebrate everything we have achieved! If you ever founded a non-profit organization or an arts company though, you are fully aware that the journey is an emotional roller coaster. There were some downers during our incorporation and progression, but many good things have occurred to balance the scale. Most recently (and we are still enjoying this

high), we won Best Documentary Short at the 2014 presentation of the Jerome Indie Film and Music Festival! This 22-minute documentary is called **Dance Your Asperger's Off**, and it shows a dancer's life with Asperger's Syndrome. This film is a perfect example of how dance can transform lives for the better.



The documentary was shown at our first big event for the summer, **Dance for Funds**. Our second big event for the summer is the **Arizona's Got Dance! 2014 Workshop (AGD14)** that will be held on **Saturday, July 26th, National Dance Day**. (See pgs 11, 21) We are focusing on the quality and conception of the Workshop this year, and it is completely dance and health focused. The location, teachers, and times for the event will be announced soon. This is an event dancers will not want to miss!



For More Information
Call (580) 504-3611
www.dahtinc.org
PO Box 13303 Phoenix, AZ 85002



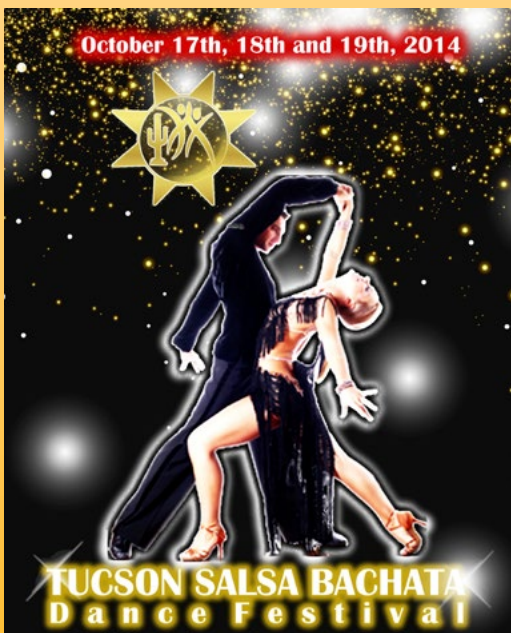
SOCIAL DANCE NEWS

MESA & SCOTTSDALE ~ 4th Annual SWINGdepenDANCE July 4-6, Kenny Nelson and Heather Ballew from Denver will be in Phoenix this July to show us the tricks of the trade, fancy footwork, and more. Classes in Charleston, Lindy Hop, Collegiate Shag, Balboa, Aerials & Competitions! Schedule [here](#). katskornerjitterbugs@gmail.com

TEMPE ~ July 19, Saturday, 5 pm - midnight! West Coast Swing HOT Summer Workshops with Bret & Joelle Navarre. Paragon Dance Center, 931 E Elliot Rd, Ste 101, Tempe. Learn from International WCS Dance Instructors, Bret Navarre & Joëlle Navarre from Paris, France. Bret & Joelle make their living by traveling and teaching dance across Europe and the US. Full Pass \$40 before July 8. Early Bird Spicey Advanced Allstars pass \$30 before July 8. \$15/ individual workshop. \$10/ person dance party. <https://www.facebook.com/events/811625285515136/>

FLAGSTAFF ~ The Flagstaff dance community & USA Dance Chapter 4040 invite you to the **6th Annual Midsummer Night's Ball** on **August 9th** at the **NAU Ashurst Auditorium** from 7-11 pm. Dinner 7-8 pm, dancing and entertainment 8-11 pm. Formal / Semi-Formal. Cost: \$55 Single / \$100 Couple; USA Dance Members: \$50 Single / \$90 Couple (*include USA Dance membership number with payment*). Make checks or money order payable to: USA Dance Chapter 4040. Send to: USA Dance Chapter 4040, c/o Gary Millam, 1133 W. Coy Dr., Flagstaff, AZ 86001. Credit Card: PayPal payment to: garmillam@gmail.com. For information contact info@flagstaffdance.com or call 928-814-0157.

TUCSON ~ August 23, Saturday, 9 am – 6:30 pm. Loews Ventana Canyon Resort, Grand Ballroom, 7000 N Resort Dr, Tucson. **10th Annual Summer Dance Expo.** \$5 for all-day admission. Lots of dancing to watch with some general dance mixed in. For more information, contact Linda & Louie, Studio West School of Dance, 6061 E Broadway Blvd, Suite 114, Tucson. 520-747-9464, expo_tucson@hotmail.com. <http://www.summerdanceexpo.com/>



Tucson Salsa and Bachata Festival, October 17-20, at the Holiday Inn & Suites Tucson Airport - North, 4550 N Palo Verde Rd, Tucson. The festival will have dedicated rooms for Salsa and Bachata. 20+ workshops / 26 hours of instruction plus Social Dancing. Five theme parties, 60 performers and 7 DJs will create an event to showcase the beauty, talent and culture of the Latin dance community. 3-day Full Pass available NOW. **5% off for ADC members. Promo code will be sent to ADC members separately.** [facebook](#) [here](#). Call Tonino (774) 451-3955 if you have questions or would like to perform. TucsonSalsaBachataFestival@gmail.com.

Tonino prepared a Guide to Latin Nights in AZ. Thank you!
<http://www.tucsonsalsabachatafestival.com/#!Your-Guide-to-Latin-Nights-in-Arizona/c1e60/8255344B-0979-41C8-A186-6F001041F889>



NORTHERN Arizona

FlagstaffDance.com

for the most up-to-date schedule

Wednesdays, The Peaks ~ Alpine Room, 3150 N Winding Brook Rd, Flagstaff (on Hwy 180, North Fort Valley Rd). Group Dance Lessons ~ 6-7 pm East Coast Swing; 7-8 pm Waltz. \$5 one lesson/\$8 for both. Contact *Robert and Kathy* at 928-527-1414 or info@thejoyofdance.net

1st & 3rd Thursdays, Museum Club, 3404 E Route 66, Flagstaff. 6-7 pm line dance lesson; 7-8 pm Nightclub 2-Step; open dancing. \$3 nonmembers/ \$4 for both classes

Wednesdays, Ctr Indigenous Music & Culture, 213 S San Francisco, Flagstaff. Latin Dance Collective 6-7 pm. \$8-12, Kati Pantsosnik, 928-814-2650, latindancecollective@gmail.com.

Saturdays, Galaxy Diner, W Route 66, Flagstaff. Swing lesson & dancing with Tom

Scheel 7:30-9 pm.

Sundays, Canyon Dance Academy, 2812 N Izabel St, Flagstaff (across from Coconino HS) 5:30-6:30 ballroom technique practice 6:30-7:30 open dancing with instructors *John Rudy and Nancy Williams*. \$5. 928-213-0239

Fri/Sundays, Tranzend Studio, 417 W Santa Fe Ave, Flagstaff. Flagstaff Latin Dance Collective 7-10 pm, \$5-8, Kati Pantsosnik, 928-814-2650, latindancecollective@gmail.com; **Fridays** \$3-5, 7:30-10 pm. Salsa Rueda & Latin, Paul & Nadine Geissler, nadinegeissler@hotmail.com

ADULT CENTER OF PRESCOTT, 1280 E Rosser St, Prescott. 928-778-3000. adultcenter.org.

Tuesdays, Country & Contemporary Line Dance Classes, \$5 / *No charge Silver Sneakers* 5:30 pm Beginners; 6:30 pm Intermediate

Fridays, Dance lessons with *Andy Smith and Marilyn Schey*, Rumba, 6-6:45 pm beginners; 6:45-7:30 Beyond Beginners. \$6 one or both

lessons. 7:30-10 pm Open Dance \$5.

The COTTONWOOD CIVIC CENTER, 805 Main St, Old Town Cottonwood. AZ We Dance - Contra Dance. 6:30 pre-dance lesson, 7-10 pm dancing. \$7, \$5 students \$4 16 yrs and under. 928-634-0486, azwedance@gmail.com.

CENTRAL Arizona

The **Arizona Lindy Hop Society** has an extensive calendar.

AZSalsa.net covers Phoenix, Scottsdale & Tempe

Sock Hop at 5 & Diner

July 4, *First Friday*, 220 N 16th St, Phoenix.

July 18, *Third Friday*, 9069 E Indian Bend Rd, Scottsdale. 7 pm FREE Swing dance lesson; 6-9 pm Live Rockabilly/Swing music, wood dance floor, diner food and vintage cars. Come in a car older than 1972 and eat for 50% off!

SOCIAL DANCE ** verify summer schedules**

SOUTHERN Arizona

TucsonDanceCalendar.com

for the most up-to-date schedule

July 13 & 27, Sundays, 5-9 pm

Tucson Sunday Salsa Social hosted by Gerardo & Lupita. Beg/Int/Adv lesson/open. \$10/live band or \$7/DJ. Shall We Dance, 4101 E Grant Rd, Tucson. tucsonsalsa.com **NEW LOCATION**

Tuesdays ~ Maker House, 238 N Stone, Tucson. 7 pm FREE **Blues Dance** lesson & social dance. <http://tucsonbluesdance.com/events/>

Wednesdays ~ Argentine Tango, class 7-8 pm, dance 8-10 pm.

Fridays ~ Warehouse STOMP, 620 E 19th St, Tucson. 7-8 pm Lindy Hop fundamentals with Gayl & Howard. 8-11 pm Open Dancing. \$5 <http://swingtucson.com/calendar/>

Saturdays ~ Armory Park Recreation Center, 22 S 5th St, Tucson

July 12 — *Swingin' Saturdays* featuring *West Coast Swing*, 7-11 pm, \$7/\$5 w/student ID info@swinginsaturday.com, <http://swinginsaturday.com/about-swingin-saturday/>

July 19 — *USA Dance So Arizona Chapter* presents their Dance, 8-11 pm. \$5 members, \$3 students; \$8 non-members. <http://soazbda.org/>

July 26 — *TucsonLindyHop.org* Live music for Lindy Hop & Swing dancers. 7-8 pm beginners lesson, 8-11 pm open dance. \$10 with discounts for students. \$15/if big band.

Learn-to-Tango classes at **NEW LOCATION**: **STEPS Dance & Fitness**, 5813 E Speedway, Tucson.



Jo Canalli & Rusty Cline
Congrats Newlyweds!
Photo by Larry Hanelin

ATTENTION "SOCIAL DANCE" COMMUNITIES THROUGHOUT ARIZONA

If you host a "community" event (not private studio), you are welcome to submit your information to: Krystyna@AzDanceCoalition.org by the 25th of each month.

SOCIAL DANCE NEWS

ARIZONA SWING JAM ► with Jean Veloz & L.A.'s Rusty Frank!

The Arizona Swing Jam XVIII October 3-5: Groovie Movie Edition with 90-year-old dance legend [Jean Veloz](#) and L.A.'s own [Rusty Frank](#).

Join us for our 18th year of the Swing Jam for a weekend of dances and classes at the FatCat Ballroom and a hike in Sedona. More details at www.AZLindy.com/events.

Here are two movie links with Jean: [Groovie Movie](#) (1943) and [Swing Fever](#) (1943). Rusty's "Lindy By The Sea" school (El Segundo CA) and Rusty's "Rhythm Club" weekly dance (Playa Del Rey CA) attract fans from around the world. Rusty is also a tap dancer (guest at Tucson's Nat'l Tap Dance Day 2010), author (TAP!), dance preservationist, choreographer & producer.

There will be a dance Friday, October 3, a one-day workshop Saturday, October 4, and a Big Band dance that night. More Sunday details closer to the event.

ARIZONA LINDY HOP SOCIETY ► Steve Conrad & Lacey Maynard to perform in China.

Steve & Lacey will be touring 25 cities in China this summer for a music and dance cultural tour. For six weeks they (*going back to the early days of the Swing dance revival*) will be dancing 6-7 songs each night in a show with a band that will be playing American music – swing, old timey, blues, country, and more. *"This is a wonderful opportunity and we are very excited to show some people in China the Lindy Hop. China has a thriving Lindy Hop community, but we will reach a lot people who have never seen the dance before,"* states Steve.

Rusty Frank is coming back to AZ & bringing Jean Veloz with her!



Jean Veloz at The Rhythm Club

National Dance News



July 26, Saturday, National Dance Day

Launched in 2010 by "So You Think You Can Dance" co-creator and **Dizzy Feet Foundation** co-president Nigel Lythgoe, **National Dance Day** is an annual celebration that takes place on the last Saturday in July. This grassroots campaign encourages Americans to embrace dance as a fun and positive way to maintain good health and combat obesity. NDD achieved national recognition when Congresswoman Eleanor Holmes Norton (D-DC), a long-

time proponent of healthy lifestyles, announced at a press conference on July 31, 2010, in Washington, D.C., that she was introducing a congressional resolution declaring the *last Saturday in July* to be the country's official **National Dance Day**. To learn more, visit <http://dizzyfeetfoundation.org/national-dance-day>.

GRANT APPLICATION

<http://dizzyfeetfoundation.org/community-programs>
Grant from the Dizzy Feet Foundation. Open application August 1, 2014. Deadline September 1, 2014.



Dancers and Health Together is hosting its 4th annual celebration of **National Dance Day** by presenting the **Arizona's Got Dance! 2014 Workshop (AGD14)** on **Saturday, July 26**. It will be held at Center Pointe Dance Academy, 4825 W Warner Rd #11, Phoenix, and will provide you with dance and health training on this special day. From nutrition to preserving one's mental health, this event is going to help dancers understand how to pursue their passion healthily and happily.

Plus, the National Dance Day routine will be taught and filmed for anyone who wants to join! Fees: \$10/class or \$60/day before July 18. \$11/class or \$65/day between July 19-25. \$12/class or \$70/day the day of the event. To register, visit www.dahtinc.org. For More Information, call (580) 504-3611 or email Mary Lane Porter at marylane@dahtinc.org.

View page 11 for the proposed *class schedule for July 26*.

View page 17 to learn more about **Dancers and Health Together** ~ **ADC Member Spotlight**.

Painless Dance and Star Performance

By Enid Whittaker, CBPM ~ Managing Director, Bonnie Prudden Myotherapy®

Immediate Mobilization: Sprain Today, Dance Tomorrow

The History

In the early 1930s, a young Austrian doctor whose specialty was repairing fractures was preparing a medical paper using several 100 patients. All the patients had wrist fractures and casts. As part of his study he gave half the group simple exercises to do such as shrugging the shoulders. What he noticed was that the ones who did the exercises healed better and faster—even when the injuries were worse.

As a teenager this young doctor's hands had been badly cut up during mountain climbing. He had tried to hold the rope as his friend fell to his death, and in the process, the rope had cut his hands to the bone. The local doctor bandaged him up with the instructions to leave the bandages on for several weeks and use the hands as little as possible. And he added: *"Your hands will never heal completely and you will never regain full use of your hands."**

This was quite a sentence for a 16 year old who loved to climb. One voice told him to follow the doctor's orders. But the other inner intuitive voice told him that the body needs movement for health and healing.

He prescribed his own treatment based on movement: warm water and gentle stretching. In a few weeks his hands were completely healed. This young man was **Hans Kraus**. He went on to become one of the foremost sports doctors in the world and one of top rock climbers in the world—*both of which require strong, steady and flexible hands*.

While in Austria young Dr. Kraus, who graduated from medical school in 1930, worked out at the local gym with his friend Heinz Kowalski. KO (as Dr. Kraus called him) was a circus performer, boxer and president of the Austrian Sports Teachers Federation. While talking sprains and fractures one day, KO relayed how injured circus performers treated themselves so that they could perform the next evening: *steam followed by gentle movements*.

The following week two injured teen skiers showed up in the young doctor's office with badly sprained ankles. This was not uncommon in 1930 when boots were soft and offered no support. Dr. Kraus explained the treatment of the day: a cast for two months and no skiing. After lamenting two months in casts and off the slopes, Dr. Kraus told them what he had just learned. The boys were game and after showing them the treatment (heat

and exercise), they went off to carry out instructions. The next day they were back, greatly improved. They followed the treatment on their own and in a week were back to their joy of skiing.

When Dr. Kraus immigrated to American in 1938 he brought **IMMEDIATE MOBILIZATION** with him.

The Golden Hour

The best time to treat a sprain or strain is in the first hour following the mishap. It is called 'the golden hour.' The quicker the treatment the less time the body has to get organized against itself. Have you ever noticed that if you were out for a hike and a sprained ankle occurred, if you kept going you could get back home? Then you were so happy to have made it home you sat down and put your foot up. Almost immediately your ankle started to swell, the pain increased, there was limited range of movement and your ankle began to turn black and blue.

The Problem

R.I.C.E. is the standard treatment for sprains and strains and it almost always guarantees that you will NOT be dancing or playing the next day

- R Rest
- I Ice
- C Compression
- E Elevate

When a sprain occurs, the body's programmed reaction is to send help in the form of muscle spasm as a protective measure. Muscle spasm means that the trigger points light up, everything tightens up and the "doors close," preventing the newly formed injury debris from leaving the site. The swelling begins and then pain accompanies it. The compression doesn't allow the debris to go anywhere. Elevating gives you the opportunity to stay put and icing keeps you busy.

The Solution

Bonnie Prudden, Myotherapy, Trigger Points and M.I.C.E

Bonnie Prudden knew Dr. Kraus from 1938 when they met in the "Gunk's" — a climbing area in N.Y. He mentored Bonnie's climbing career. She also worked in his N.Y. medical office overseeing exercises for bad backs and other muscle problems. In 1976, when she developed Bonnie Prudden Myotherapy®, she added **Myotherapy and Corrective Exercise (M.I.C.E.)** to **Immediate Mobilization**, enabling the process to become even more effective. One of our Bonnie Prudden Myotherapists, Angela, lives in the Philippines. She was

privileged to work with the **National Philippine Ballet Company**. During that time she treated every ballet injury you can think of and recorded her results. *Her success rate was remarkable.*

Here is what she did:

M Myotherapy — First she addressed all the trigger points. *This relaxed the muscles and opened up the pathways.*

I Ice — Not necessary, but if it feels good, then it can be used.

C Corrective

E Exercise

Corrective Exercise

It is the action of the muscle that helps pump out debris and reduce swelling. As soon as the swelling is reduced, so is the pain. Once the pain is reduced you can exercise even more by adding resistance to the specific exercise. Function is returned to normal.

Bonnie Prudden

Myotherapy® Treatment

Suppose you sprain your ankle. In the April issue (Part II) of this series, you were shown how to erase low back pain by finding and treating trigger points in the seat muscles. That is where you start: *your feet begin in your seat!*

Begin by locating and treating the trigger points in the seat, and then move on to the groin and upper legs as shown in May issue (Part III). This begins the process of relaxing the muscles and opening the pathways.

After Quick Fixing the seat, groin and upper leg, move to the lower leg and feet for a more thorough treatment of the trigger points as shown in the June issue (Part IV).

When you get to the ankle you may only be able to use fingertip pressure. That is OK. *The treatment will still be effective.*

Exercises For The Ankle

After you have completed your trigger point work it is time for the exercises.

Slowly point the toe downward, upward, inward and outward. **Repeat 4 times.** Do this often throughout the day. You are encouraging the muscles to pump out the debris from the injured area. That means less swelling, less pain, more mobility and faster healing.

Resistance Exercises For The Ankle

To speed the recovery even more, add resistance exercises using the same pronation, supination, inward rotation and outward rotation. If you thought to measure your ankle prior to treatment, you could note the difference with the tape measure.

1. Have your friend support the ankle at the heel and place her fist against the ball of your foot.

2. You press the foot down against resistance: #1, 2, 3, 4.

Note: Resistance must not be so hard that you can't push, nor so light as to prevent a real squeeze of the muscles. You need to be able to go through a full range of motion with a steady rhythm.

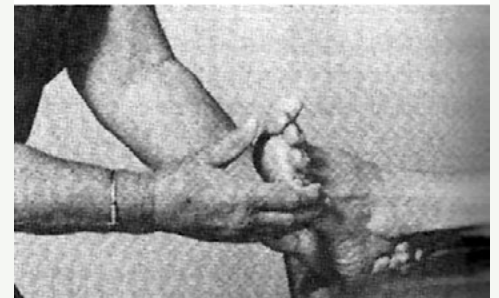
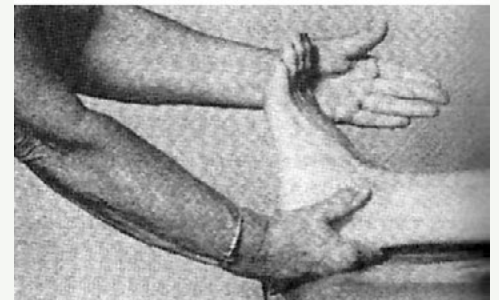
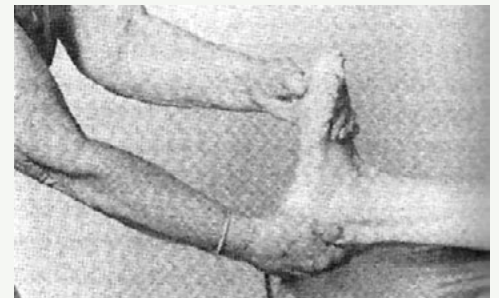
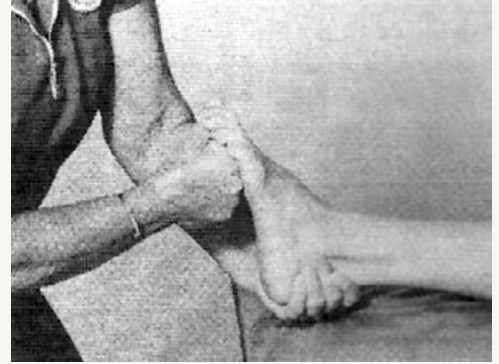
But What If?

What if my ankle is really broken? If you have any doubts, head for the emergency room. But on the way, start looking for and treating your trigger points. You don't want to waste any time. Remember the "Golden Hour." If you really do have a broken ankle, clearing the trigger points from the seat, hip, groin and leg will not fix the problem *but it will help start the healing process*. It will help restore circulation, get the debris out and bring healing nutrition to the area.

If your ankle really is broken, and over time you heal but develop a limp, continue with your trigger point work, your exercises — including the resistance — and one more thing: *walk backward to music*. **Limping backward is not a part of your brain program.** We have found over and over that lasting limps reprogram OUT when walking backward to rhythm.

An Extreme Example

A friend was putting in fence posts using a rotating tool to make the holes. The tool caught on the barb wire which started wrapping around her lower leg. While getting herself untangled she yelled for help and immediately started her trigger point search. Although her injuries were very ragged and very deep, her recovery was swift and without any limitation. The depth of the wrapped-around barb wire scars was lasting evidence of the severity of the accident — and also the efficacy of Bonnie Prudden Myotherapy® and trigger point treatment.



NEVER underestimate your own ability to take charge once you have the information needed for whatever situation you are in.

Next month I'll tell you *how to test the children in your classes* so that you know their muscle strengths and weakness.

For more information about Bonnie Prudden®, Bonnie Prudden Myotherapy®, workshops, books, self-help tools, DVDs, educational videos, and blogs visit www.bonnieprudden.com or call 520-529-3979. If you have questions, need help or would like to arrange a Bonnie Prudden Myotherapy® workshop for your dance club / organization, contact me and I'll help you out.

Enid Whittaker, Managing Director, Bonnie Prudden Myotherapy® Inc.

~~~~~

© 2014 Bonnie Prudden Myotherapy® ~ Drawings by Bonnie Prudden.

\* *Into the Unknown: The Remarkable Life of Hans Kraus*, by Susan E. B. Schwartz

**ADC sponsored workshops with  
ENID WHITTAKER  
coming in the fall.**

**Interested? Respond to: [Krystyna@AzDanceCoalition.org](mailto:Krystyna@AzDanceCoalition.org)**

About the Author: **Enid Whittaker** began working with Bonnie Prudden in 1971. In her capacity as Associate Director, Enid presents seminars and lecture/demonstrations on exercise, Bonnie Prudden Myotherapy, stress relief and fitness The Bonnie Prudden Way for national conference, clubs and businesses.

*Enid Whittaker, Managing Director, Bonnie Prudden Myotherapy, Inc.*

~~~~~

© 2014 Bonnie Prudden Myotherapy® ~ Drawings by Bonnie Prudden.

BIZ TALK

BIZ Talk is a new section where YOU can have something to say - exactly the way you want to say it. *But it will cost you.* If you are interested, please email Krystyna@AzDanceCoalition.org or call 520-743-1349 for rates and sizes.

ADC members receive discounted rates.

Dr. Louise D. Gutowski, NMD

Naturopathic Physician

Dr. Gutowski has a family practice, focusing on women's health, allergies, autoimmune disorders, nutritional and lifestyle counseling, migraines, weight loss, asthma and attention deficit disorder. She is a member of the American Assn of Naturopathic Physicians, National Center for Homeopathy, AZ Naturopathic Medical Assn, BPW (Business & Professional Women), WISK (Women I Should Know) and Impact for Enterprising Women.

Dr. Gutowski is a national seminar speaker, past president of various organizations and a resource for natural medicine for your whole family. If your group would like a speaker on various health topics, she can be reached at 480-315-6500.

Dr. Walter Gutowski, DC

Chiropractic Physician

Dr. Walter Gutowski focuses on pain relief utilizing low force & muscle balancing techniques as used on Olympic athletes. *"I will give you some improvement on the very first visit, or I will not accept my fee."*

Dr. Walter Gutowski.

Associated Health Care, LLC

8149 N 87th Place, Scottsdale AZ 85258

480-315-6500

drlouise@4MyHealth.net /

<http://4myhealth.net/>

JOB POSTINGS

Arizona Commission on the Arts jobs page:
<http://www.azarts.gov/news-resources/jobs/>

Glendale: **Glendale CCC Dance** seeks adjunct professor to teach intermediate/advanced Ballet/Pointe. Masters Degree and significant teaching experience in Ballet. Other teaching opportunities may be available. Email resume or CV and letter of interest to GCC Dance Program Director Rebecca Rabideau, rebecca.rabideau@gccaz.edu.

Mesa: **Sequoia Star Academy** PT Dance Instructor M-F afternoons / middle & high school. \$10-\$12/hr

Scottsdale: **Rancho Solano Preparatory School**, part-time Dance / Middle School

Surprise: **West Valley Conservatory of Ballet:** Creative Movement, Ballet, Jazz and Tap Instructors & Performers: Ballet, Jazz, Tap and/or Contemporary. Perform to educate in West Valley schools. Option to teach in afterschool programs through same district areas. Stephanie Savage, 623-208-5905, admin@wvballet.org. www.wvballet.org

Tempe: **ASU** Program Coordinator, School of Film, Dance & Theatre. \$26,000-\$33,600.

Tucson: **Tucson Unified School District** Dance Teacher Cragin Elem School Pueblo Magnet HS, Tucson Magnet HS (Jazz & Ballet Folklorico).

Dance Force-1, NE Tucson. Ballet Instructor. Melissa@danceforce-1.com

Ballet Rincon, east Tucson. Ballet Instructor. 520-574-2804.

AUDITIONS

NATIONWIDE DANCE AUDITION LINKS

Dance.net ~ <http://www.dance.net/danceauditions.html>
DancePlug.com ~ <http://www.danceplug.com/insidertips/auditions>
StageDoorAccess.com ~ <http://www.stagedooraccess.com/>
DanceNYC ~ <http://www.dancenyc.org/resources/auditions.php>
BackStageDance.com ~ <http://www.backstage.com/bsd/dance/index.jsp>
SeeDance.com ~ <http://www.seedance.com>

Arizona DANCE Festival

October 9-11, 2014

*Application available NOW for pros
emerging artists & individuals*

**All Genres | All Styles
Deadline July 11, 2014**

Download form here. \$25 non-refundable application fee | \$10 for ea add'l piece.

For more information, contact
Lisa@DesertDanceTheatre.org or call

480/962-4584

The Arizona Dance Coalition is making connections!

The **Arizona Dance Coalition** recently became a member of the **Americans for the Arts** organization. We are now a part of the **pARTnership Movement**, an initiative from Americans for the Arts to reach business leaders with the message that *partnering with the arts* can build their competitive advantage. ADC is looking to connect with businesses to promote and advance our mission. To learn more about the pARTnership Movement, visit partnershipmovement.org/the-movement/.



Arizona Diamondbacks DANCE DAY Event

Sunday, September 28, 1:10 pm

Do YOU want to DANCE?

Looking for dance groups to participate and perform a routine choreographed for the event on the field during pre-game. In addition, discounted ticket offers to *participating* groups will be provided. FUNDRAISER for nonprofit & school dance groups ~ Receive proceeds from every ticket sold. **Please inquire.**

Contact Lisa Chow at Lisa@azdancecoalition.org or 602-740-9616.

ARIZONA DANCE COALITION Member Benefits & Perks

The ADC offers *four* types of memberships:

**Individual \$20 ♦ Organization \$50
Venue/Presenter \$100 ♦ Sponsor \$100 plus**

Membership and dues renew annually and ADC organizes an Annual Member Meeting in January to discuss the state of dance in Arizona featuring guest speakers. See the last page for details on joining. Membership entitles you to ~

- **ADC Membership Directory** ~ inclusion and online access, plus a PDF document with live links
- Posting events on the **ADC website Calendar of Events*** which are then prominently featured in the *Arizona Dance e-Star** with a photo & live links
- *Arizona Dance e-Star* monthly e-newsletter received *in advance* of subscribers
- **Member Spotlight opportunity** in the *e-Star*
- **Performance opportunity** in the **ADC Member Showcase** (*when production funds are available*)

- Posting classes on the ADC website **Class Page***
- Board Member Nominations (December) & Annual Membership Meeting Voting Privileges (January)
- **ADC Lifetime Achievement Award** Nominations (March)
- **Merchant Discounts** and periodic member-to-member discounts
- **Affordable Venue General Liability Insurance** for 1-2 day performances. *We have renewed our policy to continue this benefit for our members because we know the cost of insurance (\$400-\$500) would prohibit most individuals and small companies from producing in a professional theatre. Current fee is \$75/1 day; \$150/2 days.*
- **NEW** ~ Discounted *Arizona Dance e-Star* Advertising Rates. Inquire for details.

* All postings of events and classes are restricted to 501(c)(3) organizations with the exception of charitable and free events, community festivals, educational conferences and master classes.

Arts organizations are dying. And I think that, not only should we allow it, we should encourage it. Over the past 20 years, 40% of arts organizations have perished. But they are being replaced even faster. For every arts org that survived between 1990 [and] 2010, 2.6 more were born (NEA research). And I don't have the stats to support this, but for every hour of "traditional" nonprofit arts that a consumer experiences this year, they'll spend 20 or 30 times that experiencing "nontraditional" arts and culture. And none of those experiences required an arts organization to support them. So I don't buy the idea that, if arts organizations die, so will our ability to access art. So if we're not saving arts organizations for the art [or] for the audiences, we must be saving arts organizations for the artists? Only we already know that the vast majority of artists don't earn their living exclusively, or even primarily, through the wages from an arts organization. **We are left saving arts organizations for the administrators who run them. [Read more.](#)**

Attention Non-ADC Members

Your performances, workshops, and master classes are mentioned in the **Regional Section** of the *Arizona Dance e-Star*. We welcome your **announcements**: *job postings, auditions, scholarships, awards & recognitions, new positions, reorganizations, and invitations to participate in FlashMobs & Festivals. Keep Arizonans informed!*

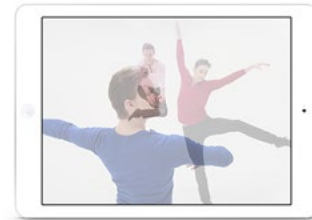
Choreography Tech Tip

by Krystyna Parafinczuk

Passe-Partout is an app designed, choreographed, and scored for the iPad. The app enables users to overlay a series of unique dances—each set to a different piece of music—creating aural and visual layers that compound the beauty and complexity of the choreography. The app dramatizes the way in which dance and music create intricate structures through patterning, mirroring, and repetition. Users can view the dances individually, or in multiple layers, building an increasingly complex image and sound experience. The navigation incorporates gyroscopic controls and touch selection, as well as the ability to save what you build and share the results with others.

This app presents a new stage for dance that allows a user to overlay a series of one-minute pieces onto one another — there are eight solos or duets in total, though only five can be seen

simultaneously — choreographed by Justin Peck for Mr. Ulbricht and himself. These layers allow for more than 40,000 permutations of dances. *That's a lot of bang for 99 cents.* Here's a vimeo clip teaser: <http://vimeo.com/97728644>



The **Twice Arts Foundation** is a nonprofit organization that supports the visual and performing arts. The Foundation, which began in 1989, has its headquarters in the legendary New York City Center. The work of the Foundation is to publish digital and print projects that focus on the intersection of photography, dance, design, performance, fashion, art and architecture.

info@2wice.org

[facebook](#)

Subscribe to email

Unsubscribe

JOIN ADC



Become an Arizona Dance Coalition Member ~ online (PayPal)

or snail mail / click on the icon to download application

Board Members are needed with expertise in organization & event planning, marketing/graphics, writing and computer/website maintenance.
Help us grow and make a difference.

SPONSORS



Dancing.

chadcreates.com

Desert Dance Theatre



Arizona Dance Coalition, PO Box 64852, Phoenix AZ 85082-4852
AzDanceCoalition.org, [f](#) AZDanceCoalition [t](#) @AZDanceCo
Lisa Chow, President (Central Az), Lisa@AzDanceCoalition.org
 Office: 480-962-4584; Fax: 480-962-1887; Cell: 602-740-9616
Krystyna Parafinczuk, Treasurer (Southern Az)
Krystyna@AzDanceCoalition.org, 520-743-1349, call first to send fax