

ARIZONA

DANCE ^{E★}

MAY 2014

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

TAP

DANCE DAY

MAY 25

PERFORMANCES

MASTER CLASSES

SHIM SHAM FLASH MOBS

FLAGSTAFF

PERFORMANCE

ARTS & FILM

FESTIVAL

MAY 2-3

BONNIE PRUDDEN

MYOTHERAPY®

HIPS & KNEES

PART III

ONCE

BEST MUSICAL

8 TONY AWARDS

ASU GAMMAGE

REBECCA BOIZELLE

DULCE DANCE COMPANY

PHOTO BY BRIAN EAKINS

2014-15 DANCE SEASON



Arizona Dance e-Star

a publication of the **Arizona Dance Coalition**

Volume 4, Issue 5

May 2014

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Dear readers,

We start the month in the middle of **National Dance Week** (April 25-May 4), and the **Tucson Int'l Mariachi Conference** runs through May 3rd with lots of colorful Folklorico dancing for everyone to enjoy. We also have the opening of the 8 Tony award-winning "Best" musical **ONCE** at **ASU Gammage** and the **Flagstaff Performance Arts & Film Festival** May 2-3. And Ron Brewer Images has a special offer for dancers to celebrate as well!

The venues have announced their upcoming 2014-15 season and the dance programs are listed on pg 12. The buzz has started. We are excited that **Mesa Arts Center** is presenting dance this season!

There are quite a few choices for summer dance training between intensives, camps and special workshops. Unique is the new **"Cyr wheel"** workshop at ASU May 14-15. Check it out on pg 9.

Enid Whittaker is helping us deal with painful hips and knees (pgs 20-27). Thank you, Enid, for sharing. I see a workshop coming in the future. ADC member **Mary Lane Porter** (Dancers and Health Together) is also helping dancers as she reminds us of our uniqueness and mistakes to avoid (pgs 29-31). I've contributed a yummy energy treat on the last page - no baking required!

The end of the month brings us to **National** (really Int'l) **TAP Dance Day** and **Bill Robinson's** birthday on **May 25** (pg 13). **Andrew J Nemr, Tap Legacy FDN**, is asking us to trend on twitter. Everyone TWEET #TAPDANCE on May 25th! Details [here](#). And let's think about our wounded warriors on Memorial Day! What can we do to help them?

ENJOY !!! Krystyna Parafinczuk
Editor & ADC Treasurer

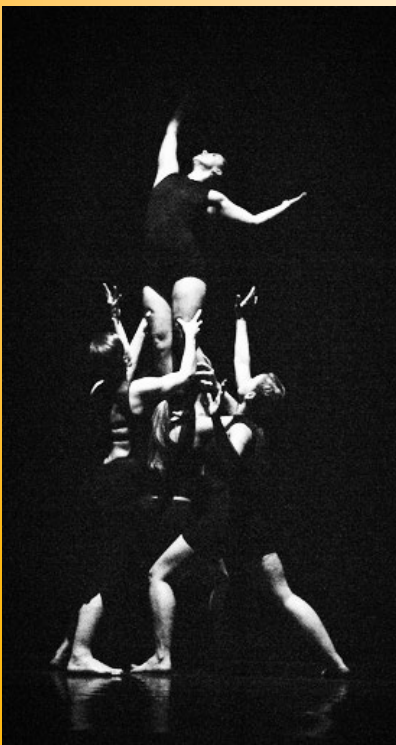


The **Arizona Dance Coalition** is a membership-based, statewide 501(c)(3) nonprofit dance organization creating connections and communication between the general public and the dance community. ADC membership is available to individuals and organizations interested in the art of dance. You may join 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/.*



May 1-5, times vary. ASU Gammage, 1200 S Forest Ave, Tempe. **ONCE**

Winner of eight 2012 Tony Awards® including BEST MUSICAL, ONCE is a truly original Broadway experience. Featuring an impressive ensemble of actor/musicians who play their own instruments on stage, ONCE tells the enchanting tale of a Dublin street musician who's about to give up on his dream when a beautiful young woman takes a sudden interest in his haunting love songs. As the chemistry between them grows, his music soars to powerful new heights...but their unlikely connection turns out to be deeper and more complex than your everyday romance. Emotionally captivating and theatrically breathtaking, ONCE draws you in from the very first note and never lets go. It's an unforgettable story about going for your dreams...not living in fear... and the power of music to connect all of us. Box Office 10 am - 6 pm Monday – Friday & 2 hours prior to events. Tickets boxoffice@asugammage.com, Box Office: 480-965-3434, Group Services: 480-965-6678.



May 2-3, Friday-Saturday, 7:30 pm. Coconino Center for the Arts, 2300 N Fort Valley Rd, Flagstaff.

Flagstaff Performance Art and Film Festival

Dance in the air! Dance on the screen! Dance performed live on the stage! Don't miss the fifth annual Flagstaff Performance Arts and Film Festival! Gina Darlington and Jayne Lee are at it once again. They have been collaborating for over 20 years in various events and organizations. They are presenting a Gala Festival concert featuring local and guest dance groups in performance May 2 & 3 at 7:30 pm at the Coconino Center for the Arts. Donations accepted at the door. There will be six local and regional companies including Canyon Movement Company, Human Nature Dance Theatre, Canyon Dance Academy's Velocity Dance Company, Coconino Community College's Dance Class, film-maker Amanda Kapp, and Joanie Grant of Flagstaff Aerial Arts. They will present two evenings of innovative, unique, and intriguing new works.



May 9-10, Friday- Saturday 7:30 pm, 2 pm
Saturday only. Pima Community College
 Center for the Arts Proscenium Theatre, West
 Campus, 2202 W Anklam Rd, Tucson. **Pima**
CC Dance presents Dance Fusion

The performance melds various dance styles together in a melting pot of dance movements from classical to contemporary styles; intermingling ballet, modern, jazz and more! A vibrant blend of physicality, musicality and passion is demonstrated with innovative choreography and contrasting music. Under the direction of Aurora Gonçalves-Shaner. Tickets \$10 with discounts for students/seniors/PCC employees and groups.



Photo by Ed Flores



Photo by Carlos Velarde

May 16-17, Friday-Saturday, 7:30 pm. Terpsicore Space, 519 S 5th St, Phoenix. **Subsequently Tethered - Concert by CONDER/dance and Treeline Dance Works.**

"Subsequently Tethered" is an evening length dance concert produced by Phoenix-based modern dance choreographers Carley Conder, director of CONDER/dance, and Jenny Showalter, Artistic Co-Director of Treeline Dance Works. This event premieres a first-time collaboration between these two artists and a first-time use of this vintage Phoenix landmark as a performance space. Featured on the program will be new works from both companies engaging the viewer in a feast of

raw physicality, video imagery and original sound composition. Guests on the program are "The Amyloid Project" by urbanSTEW and an original video installation by Perry Allen. Tickets are \$15 and available online at <https://www.eventbrite.com/e/subsequently-tethered-tickets-10948203371>. <http://treelinedanceworks.com>

**BARNES
& NOBLE**

May 18, Sunday, 9 am – 5 pm. Barnes & Noble, 10500 N 90th St, Scottsdale. Book Fair ~ one day fundraiser to benefit **Scottsdale Ballet Foundation**, a charitable organization promoting and presenting student ballet performances, furthering the availability of quality dance training in our community, and enhancing appreciation for classical ballet. Two short performances by students of **Scottsdale School of Ballet** are also scheduled.



May 16-17, Friday-Saturday, 8 pm, 2 pm Saturday only. Tempe Center for the Arts, 700 West Rio Salado Parkway, Tempe. **Movement Source presents Serendipity** ~ Season Finale. This year the company will showcase original modern dance works with an emphasis on all things serendipitous; the magical and mysterious moments in life that we all experience! This multi-media event will feature choreography by Carlos Jones from NY and Angel Crissman (ASU), live music by local musician Tobie Milford and guest

theatrical performer Johnny Hotshot. A select group of students' work will be performed in conjunction with the professional company at the matinee performance on Saturday, creating a sense of community and showcasing emerging young artists for the audience. For tickets, please call or visit the Tempe Center for the Arts Box Office: Box Office 480-350-2822, General Admission \$20, Students/Seniors \$15.

May 30-31, Friday @ 6:30 pm, Saturday @ 11:30 am. Willow Canyon High School, 17901 W Lundberg St, Surprise. **West Valley Conservatory of Ballet presents Coppelia the Ballet.** Coppélia is a traditional ballet first performed in 1870 at the Paris Opera House and tells about an inventor who creates a life-size dancing doll who is so life-like and beautiful, she sets off a love-triangle within the local village and chaos along the way. The performance will be followed by a student showcase featuring original dance and choreography created completely by advanced students of the Conservatory, as well as jazz and tap with a musical theater theme. Tickets can be purchased in advance at <http://www.events.wvballet.org> and are \$12.50/adult, \$8.50/child if purchased before May 11; \$15/adult, \$10/child if purchased after that. Tickets available at the door.



Photo by and courtesy of
Ron Brewer

SUBMISSION DEADLINE

MAY ISSUE
of the

Arizona Dance e-Star

May 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



May 30-31, Friday @ 7 pm, Saturday @ 3 pm. Berger Performing Arts Center at The Arizona School for the Deaf and Blind, 1200 W Speedway Blvd, Tucson. **Kids Unlimited Spring 2014 Recital** showcasing our performing group as well as our dance, vocal, and acting classes. Adults \$15, children under 12 and seniors \$11. More information and tickets can be found at www.kustars.com. We hope to see you there!

May 31, Saturday 7 pm, June 1, Sunday 2:30 pm.

Herberger Theater Center Stage West, 222 E Monroe, Phoenix.. The **Scottsdale Ballet Foundation**, in conjunction with **Scottsdale School of Ballet** Directors, Sibylle Acatos-Dadey and Donald Dadey proudly present **Soiree de Ballet 2014**. We offer the perennial favorite *The Ballet Class*, another original one-act ballet *The Seasons* set to Glazunov's sumptuous score, and a restaging of the vivacious classic *Coppelia Act III*. Special guest appearance by Jose Soto as Franz. Tickets: \$20.50-\$35.50. Robert L. Pela of the Phoenix New Times wrote, Scottsdale School of Ballet, under the direction of big-deal dance mavens, Sibylle Acatos-Dadey and Donald Dadey, has gotten raves for its annual, An Evening of Ballet, spring performance at the Herberger. A performance not to be missed. Box office 602-252-8497.

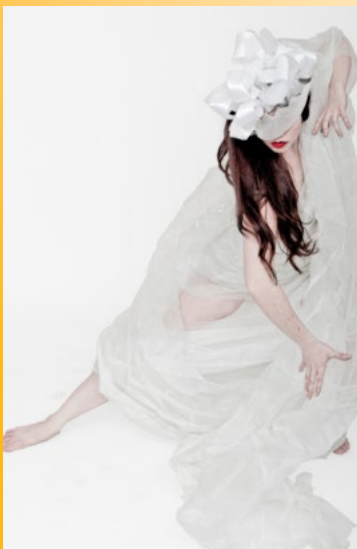


Photo by Brian Eakins

May 31, Saturday, 7 pm. The Ice House, 429 W Jackson, Phoenix. **"un nuevo aliento/a new breath"** is an evening of dance set in an industrial setting. All the pieces reflect a season of change, each being inspired by new beginnings, changes, and transitions. The evening is presented by **Dulce Dance Company** with works set by Artistic Director Candy Jimenez and Core Dancer George Johnson. Special guests Diane McNeal Hunt, Nicole Olson, and Kaleidoscape add to the evening with fun, unique and inspirational works. Doors open 7 pm for you to enjoy light drinks and music. Curtain 8 pm. DJ/Dancing 10 pm. Come and enjoy the end of May with us. Tickets now thru May 24 \$14, single/\$10 group of 5 or more + service fee. After May 24 \$2 more. Brown Paper Tickets or 602/570-7635.



June 2-6, Monday-Friday, times vary. ASU Gammage, Tempe. **The Gershwins' Porgy and Bess.** See what TIME Magazine exclaims is, "A don't miss theatre event! The #1 Broadway musical of the year." Winner of the 2012 Tony Award® for Best Revival of a Musical, The Gershwins' Porgy and Bess is hitting the road in a stunning and stirring new staging, including such legendary

songs as "Summertime," "It Ain't Necessarily So," and "I Got Plenty of Nothing." The Gershwins' Porgy and Bess features one of Broadway's most accomplished creative teams, led by Tony®-nominated director Diane Paulus (Hair), Pulitzer Prize-winning playwright Suzan-Lori Parks (Topdog/Underdog), and two-time Obie Award-winning composer Diedre L Murray (Running Man), bringing George and Ira Gershwin's legendary masterwork to the Broadway stage for the first time in more than 35 years. Tickets boxoffice@asugammage.com, Box Office: 480.965.3434, Group Services: 480.965.6678

June 7, Saturday, 2 & 7 pm. Coconino High School, 2801 N Izabel St, Flagstaff. **Canyon Dance Academy's Aladdin!** Our annual spring show featuring our youth dancers in Aladdin! Tickets are \$6 or \$3 at the door.



June 14, Saturday, 6-9 pm. Phoenix Center for the Arts, 1202 N 3rd St, Phoenix.

Dancers and Health Together Dance for Funds

Can you imagine changing someone's life through dance? Now, you have the chance. DAHT's objective is to improve people's mental and physical health through the language of movement. We invite you to become a part of this life-changing revolution, to greatly benefit our communities.

There will be many exciting activities at this event, such as dance games, videos, prizes, and more! Food and beverages will also be provided. If you buy tickets online (www.dahtinc.org), you have an opportunity to get extra free raffle tickets for some amazing prizes! **Monday, April 28th - Monday, May 12th = 3 raffle tickets, Tuesday, May 13th - Tuesday, June 3rd = 2 raffle tickets, June 4th - June 14th = 1 raffle ticket.** www.dahtinc.org. \$5 admission fee (includes 1 raffle ticket), raffle tickets \$5 each.



Auditions / Summer Intensives / Workshops

May 3, Saturday. Scottsdale Community College, 9000 E Chaparral Rd, PE 135, Scottsdale.
10 am–12 noon.



SCC Dance: Scholarship Audition. No prepared material required.

1 New Student Award = \$400 (full year), 1 Returning Student Award = \$400 (full year)

Qualifications: Actively pursue a dance degree, Enroll in a minimum of 3 dance classes each semester, Maintain a "C" average grade.

1-3 pm. SCC Dance: Instinct DanceCorps Auditions. Please Bring a DVD with a minimum of three dance selections showing a wide range of technical ability, one-page biography and a dance resume. Instinct DanceCorps is a pre-professional multi-discipline ensemble consisting of up to ten of the finest up and coming dancers in Arizona. Each member brings to Instinct the technical strength and athleticism resulting from serious rehearsal and training. The company is well connected to the national dance scene, having worked with many important modern dance choreographers during its long history. Instinct has developed a versatility and quickness that has prompted its rapid success. IDC performs regularly in the Phoenix area, and has performed throughout the United States. IDC has been honored with national recognition and many awards.

<http://www.scottsdalecc.edu/academics/departments/hperd/dance/auditions>



May 10, Saturday, 1-3 pm. Dance Theater West, 3925 E Indian School Rd, Phoenix. **Center Dance Ensemble Auditions** for 2014-15 Season. Advanced male and female ballet/modern dancers are invited to audition. For more information, call 602-997-9027. <http://www.centerdance.com>



Ongoing Grand Canyon University Scholarship Auditions

For incoming freshman and transfer students, there are dance performance scholarships available for up to \$5,000 per year. Auditions for scholarships and

acceptance into the program will take place on Saturdays through June 2014. Students who audition for acceptance into GCU's Dance Education Program will be eligible for performance scholarships. Register online: www.gcu.edu/auditions. Audition dates are **May 9th and June 13th**. If you are out of town and would prefer to audition by DVD, download the application that includes details on submitting an audition DVD. Contact Dance Director Susannah Keita at Susannah.keita@gcu.edu with any questions.

Auditions / Summer Intensives / Workshops

May 5 & 7, Monday & Wednesday, 6-8 pm ~ FREE Audition Classes. **Desert Dance Theatre & Step's Junk Funk** are looking for male and female dancers/ percussionists for the 2014-15 Season. Dance Theater West, 3925 E Indian School Rd, Phoenix. Rehearsals may begin immediately. Performance opportunities are ongoing. For more information, contact us at: 480-962-4584 or Lisa@DesertDanceTheatre.org. DesertDanceTheatre.org

SUMMER INTENSIVE with CONDER/dance and Treeline Dance Works

May 12-16, Monday-Friday, 9 am–3 pm. Terpsicore Space, 519 S 5th St, Phoenix. Members of CONDER/dance and Treeline Dance Works will be teaching classes in yoga/ pilates, modern, phrasework, comp/improv. 5-day workshop, 4 classes per day. Focus on your technique, your artistry, your creative work and yourself. \$175 for entire workshop. See pg 4 for performance details. Online registration form at: https://docs.google.com/forms/d/1uXvBWQ18WwSKvTtL_Rm2MZ4PHWXXOI3JQaO1MynCZJU/viewform www.conderdance.com, <http://treelinedanceworks.com>

May 14-15, Wednesday-Thursday, 5:30-8:30 pm. ASU Nelson Fine Arts Center Studio 122, 51 E 10th St, Tempe. **Cyr Wheel Workshop with Sam Tribble**, co-hosted by Urban Arts Club & hanger5studio! Two 75-min. *progressive* workshops. Students will learn basic wheel manipulation for safety with the focus of finding control and predictability of their apparatus. Progressive Axis Training (PAT) technique will be explained in addition to understanding how to perpetuate momentum in the apparatus. Students will also be taught progression and safety considerations for the art and dance of Roue Cyr. 480/272-1100. Wheels will be provided. \$25/class.

May 17, Saturday, 10 am-6:30 pm. Ambient Dance Studio, 16597 N 92nd St, #105, Scottsdale. International West Coast Swing Teachers **Bret Navarre and Joëlle Navarre** from Paris, France & Phoenix, AZ will be offering a West Coast Swing Workshop Intensive with six (6) hours of classes and an Open Dance Practice. To register please contact Bret through facebook or email him at BretNavarre@msn.com. \$70 thru May 16, \$80 door / Half Passes \$40 / \$15 per workshop. <https://www.facebook.com/events/243637642507664/>

Scottsdale Community College Summer Dance, starting **May 27th**, \$81 credit hr. 5 (online) / 6/ 10 weeks. a.rosenkrans@scottsdalecc.edu, scottsdalecc.edu/dance

AzDEO is co-sponsoring **Language of Dance Foundations Part 1** for professional development. Grand Canyon University, Phoenix, **July 26-31**. To register, go to www.lodcusa.org. For more information, contact Susan Gingrasso, sgingrasso@lodcusa.org or 715-498-9147.

SUMMER CAMPS



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 sessions, ages 7-15: **June 2-13; 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 sessions, ages 9-15: **June 23-27, 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

Royalty Training Camp, June 2-6, 9 am–12 noon, ages 3-6. Every generation of children wants to be a prince, princess, king or queen. It's time to prep them for their very own Royalty term. Each prince or princess, king and queen will learn all about the Royal Court through the vast library of Walt Disney's most familiar Royal Characters. Our Royalty will explore their favorite characters through story, song and dance. Games and activities are also themed for our most Royal Experience.



Fairy Tale Camp, June 9-13, 9 am–4 pm, Grades 1-4. Each camper will explore the world of fairy tales with as much imagination as they can muster. With the guidance of our Camp Counselors, campers will review a list of Classic Fairy Tales and decide as a team which stories will be studied and told. Our campers will be singing and acting too! Our staff will work hard to bring each Fairy tale to life through costuming, props, and music too! Shh- there might just be some original fairy tales too!



Muppet in Training Camp, June 23-27, 9 am–12 pm, ages 3-6

Uh Oh! Kermit is in trouble again! Our campers will explore their favorite Muppet characters and we'll discover together who is "Most Wanted." Muppet Music, stories, and costumes will be a huge part of our exploration of the always lovable Muppets. The "Muppets Character Encyclopedia" will help us educate our campers in everything there is to know about The Muppets.



Scorpius Summer Aerial Camp, Scorpius Aerial Studios located at Metropolitan Arts Institute, 1700 N 7th Ave, Phoenix. **Aerial Kids** (ages 8-12) June 9-20, 9 am-10:30 am Monday-Friday **Aerial Teens** (ages 13-17) June 16-27, 11 am-12:30 pm Monday-Friday. 2 weeks, \$150, pre-register and pay before May 32 and save \$25. lisa@scorpiusdance.com or call 602-258-9511

Member Announcements

AzDEO Special Funding Opportunity

AzDEO has available funding to attend **NDEO's Special Topics Conference ~ Charting the Course: Approaches to Teacher Evaluation for K-12 Dance Educators May 16 -18**, Friday Evening through Sunday Morning, MCM Elegante', Albuquerque, New Mexico. Funding will include airfare, hotel and registration. To apply, write an essay on how attendance will enhance your knowledge and position as an educator! Submit to Lynn Monson via email: lmonson@cox.net. *Supported by the Arizona Commission on the Arts with funding from the State of Arizona and the National Endowment for the Arts.*

An invitation from **Ron Brewer (ADC Member)** ~

In recognition of National Dance Week, I wish to "give back" to the dance community. I have the highest regard for dancers and the constant discipline they endure for the sake of their art. And I can't express how much I enjoy photographing dancers, so I want to make a gift to a dancer (or dance couple).

*I am providing a free studio photo shoot session and 4 retouched, high resolution digital images from the shoot to an Arizona dancer (or a couple dance team). One of the images will be a head shot. The recipient may be a dance student, pre-professional, professional dancer or a teacher of dance, but must be currently involved in dance as a student, performer or teacher in the field. To apply, just send me a personal message on [Facebook](#) providing your name, where it is that you dance, and the kinds of dance that you are involved in. **The application must be received by May 4, the end of National Dance Week.** The photo shoot may be scheduled for a later date.*



Marion Kirk Jones ~ May 2, 1921 - April 4, 2014

Marion Kirk Jones was born in London, England and always had the passion for dance. In NY, she studied with all the great pioneers of Modern Dance (*Martha Graham, Doris Humphrey, Hanya Holm, Ted Shawn and Louis Horst*) and the faculty of the School of American Ballet (*George Balanchine, Anatol Oboukhoff, Pierre Vladimiroff and Muriel Stuart*). She became a member of the Lester Horton Dance Company and taught at several institutions including Cornell University, Purdue

University, University of Rochester and Cranbrook. In 1968, she moved to Arizona and taught dance at Arizona State University (ASU) and joined the faculty in 1970. While at ASU, she earned a Masters degree in Humanities. Marion retired from ASU in 1999.

Marion was a consulting director, artistic director and choreographer for Desert Dance Theatre from 1979-2006, and received many awards for her outstanding achievements in the field of dance and education, like the ADC Lifetime Achievement Award in June 2011 and Governor's Arts Award (Individual/Education) in 2013.

Marion passed away on April 4, 2014 in San Francisco, CA. Desert Dance Theatre will have a Celebration of Life dedication for Marion during their 35th Anniversary Reunion week June 10-14, 2014. Feel free to go to Marion's [Facebook](#) page to LIKE her page and post any comments.



VENUES ANNOUNCE THEIR 2014-15 DANCE SEASON

Scottsdale Center for the Performing Arts - Scottsdale

Royal Ballet of Cambodia, October 30, 2014, Thursday, 7:30 pm
 Red Poppy Ladies Percussion: **Mulan**, November 1-2, 2014, Saturday, 8 pm; Sunday, 4 pm
 Beijing Dance/LDTX, November 21, 2014, Friday, 8 pm
 Wendy Whelan: **Restless Creature**, February 3, 2015, Tuesday, 7:30 pm
 Nederlands Dans Theater 2, February 28, 2015, Saturday, 8 pm
 7 Fingers: **Sequence 8**, February 13, 2015, Friday, 8 pm
 Shaolin Warriors: **Voices of the Masters**, February 19-20, 2015, Thursday, 7:30 pm; Friday, 8 pm
 Companhia Portuguesa de Bailado Contemporaneo, March 6, 2015, Friday, 8 pm
 Momix: **Alchemia**, March 20-21, 2015, Friday, 8 pm; Saturday, 2 pm & 8 pm
 Soledad Barrio and Noche Flamenca, April 24-25, 2015, Friday-Saturday, 8 pm

ASU Gammage - Phoenix

Kinky Boots, September 16-21, 2014
 Pippin, December 207, 2014
 Joseph and the Amazing Technicolor Dreamcoat, January 13-18, 2015
 Dirty Dancing, February 17-22, 2015
 Rogers & Hammerstein's **Cinderella**, March 10-15, 2015
 Chicago, March 27-29, 2015
 The Phantom of the Opera, May 27-June 7, 2015
 Wicked, August 26-October 4, 2015

Mesa Arts Center - Mesa

THE BIG REVEAL MAY 1 ~ EVENING

RETURN MAY 2 FOR MESA ARTS CENTER'S DANCE EVENTS

UApresents - University of Arizona Campus, Tucson

UA Dance Premium Blend @ Stevie Eller Dance Theatre, October 23-November 2, 2014
 Jessica Lang Dance @ Stevie Eller Dance Theatre, November 11-13, 2014
 Flamenco Vivo @ Centennial Hall, February 13, 2015
 Aspen Santa Fe Ballet @ Stevie Eller Dance Theatre, March 24-26, 2015
 Alvin Ailey Dance Theater @ Centennial Hall, April 12, 2015

*Pima Community College Dancer Stephanie Tanke
 Background Photo by Ed Flores*

a tap show created by
Suzy Guarino and Jenefer Miller

Featuring over 60 tap dancers
from across Arizona with special guests
Ryan Kasprzak, Gregg Russell, and the
Phoenix Contemporary Dance Co.

Sunday, May 25th

2pm & 6:30pm

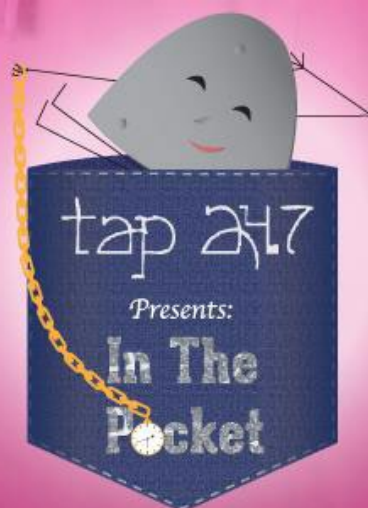
at **TEMPE CENTER FOR THE ARTS**
700 W. Rio Salado Parkway Tempe AZ 85281

\$20 prior to May 14th

\$24 after May 14th

prices do not include service or convenience fees

Call 480-350-2822 for tickets or visit tca.ticketforce.com



National Tap Dance Day Celebration in Tucson on May 17, Saturday

Square and Round Dance Center of So AZ, 613 E Delano (1 blk south of Ft Lowell & N 1st Ave)

2:30-4 pm **Time Steps** All Levels | All Ages | Something for Everyone! **\$20 cash/door**

4 pm **FREE Class** Shim Sham Line Dance

FLASH MOBS: 5 pm La Encantada; 6 pm Foothills Mall by the Movie Theater (times approx)

Details, call Instructor **Colleen Kelly Beaman**, 520-743-7979 or 520-440-2478



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to learn how to dance!**

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617 S McClintock, Ste 3, Tempe AZ 85281

480-317-3000 | www.w2wdance.com

McClintock Center near ASU & Tempe Marketplace

Wall 2 Wall hosts

National TAP DANCE DAY Celebration & Workshops Saturday, May 24

12-1:15 pm Shim Sham Shimmy

1:30-2:45 pm B.S. Chorus

\$5 each class

*Space is limited.
Pre-registration is
strongly encouraged.*

Enroll online or call

480-317-3000

Regional Events

Central Arizona ANNOUNCEMENTS & EVENTS

A message from Kathia Soria, Director, Ballet Folklorico Esperanza, Avondale

We are in the process of creating a yearly scholarship in honor of one of our parents that was killed by a drunk driver in November. I do not know many of the Ballet Folklorico groups in southern AZ and will need your help when we are ready to roll out the program. As of this time we do know that the scholarship will be \$500.00 to \$1000.00, and will be open to any student going to college or a trade program that is a Ballet Folklorico student and will be based on GPA, Community Service and Financial Need. The check will be sent directly to the school to be used for tuition or books. 602/403-1575, PO Box 1486, Avondale, AZ 85323 "Preserving Culture One Dance At A Time" www.BalletFolkloricoEsperanzaInc.Ning.com

Flamenco soloist Julia Chacon and guitarist Kristofer Hill at **Tapas Papa Frita, Thursdays, 7-9:45 pm**, 7114 E Stetson Dr, #210, Scottsdale (above Barrio Queen). 480/699-5004 for reservations. tapaspapafrita.com, juliachacon.com, kristoferhill.com.

May 1-4, Thursday-Sunday, times vary. Symphony Hall with The Phoenix Symphony.

Ballet Arizona presents ALL BALANCHINE. *Plié, jeté and ... do-si-do?* For its season-finale "All Balanchine" concert, it will present "Western Symphony," a tour de force of boot-scooting cowboys - minus the boots - and high-kicking saloon girls choreographed by the great George Balanchine at New York City Ballet in 1954. It is performed in three movements: a lively allegro, a romantic adagio waltz and a rondo finale that packs the stage with a whirl of high-speed one-upmanship. <http://balletaz.org/performance/next-season-all-balanchine/>

May 10, Saturday, 4:30 pm-11:30 pm, Home of Ron Baron, 6005 N. Invergordon Road, Paradise Valley, AZ. **A Performing Arts Festival** ~ Performance opportunities available for performing artists on two stage areas. This event is open for various types of performing artists to share their work with others in the arts community and to get acquainted and network. Step's Junk Funk will perform. Friends and family are welcome to attend. Non-performers are asked to bring food to share at the potluck. Please RSVP to attend/perform ASAP at RonBaron2001@gmail.com or call 602/501-0277.

May 15-17, Thursday-Saturday, 7-10 pm. The Clarendon Hotel and Spa, 401 W Clarendon Ave, Phoenix. **ARTELPHX SPRING 2014** is the world's largest independent hotel art installation with 20 artists including visual artists and dance/performance artists that will transform hotel rooms into art exhibits. ADC members **Desert Dance Theatre, Step's Junk Funk, Dulce Dance Company** perform. May 15 (VIP Preview / Invite Only), May 16-17 (Open to All/ FREE) Information: <http://artelphx.com/> @artelphx artelphx@gmail.com

May 22-June 1, 7 pm. Dorrance Theatre. **Ballet Arizona premieres INNOVATION.** Tickets call 602-381-1096 or www.balletaz.org. View YouTube promo clip here: <http://www.youtube.com/watch?v=RmoKtb50thg&list=UUbW5ypYPG5v1rd-bukupmtA&feature=share&index=2>

Regional Events

Southern Arizona ANNOUNCEMENTS & EVENTS



Flowing Wells High School—Pulse Dance Company—Tucson, won the open Small Hip Hop Competition in the USA National Dance Competition. Congrats to all the dancers: *Stevvy Arndt, Lorena Escalante, Kiawna Francis, Alyssa Franks, Julia Hamm, Dakota Hartliep, Montana Hartliep, Lynsi Hill, Carlos Leon, Karla Ortega, Ricardo Orgega and Courtney Torgrude, and instructor Marquez Johnson.*

Danser Studio, St Philip's Plaza, Tucson, announces its first **Summer Dance Intensive with Colt Prattes and Angelina Mullins, June 1-7**. Ages 8 & up, Beg/Int & Advanced. 520/395-2073 or danserstudio@gmail.com, <http://www.danserstudio.com/>.

May 2-4, Friday-Saturday @ 7:30 pm, Sunday 1:30 pm. University of Arizona Stevie Eller Dance Theatre, 1737 E University Blvd, Tucson. **UA School of Dance presents Spring Collection** featuring Sam Watson's Tales and Rhymes, and works by Amy Ernst, James Clouser, Melissa Lowe & Michael Williams. tickets.arizona.edu | 520/621-1162. Tickets: \$12-27.

May 3, Saturday, 7 pm. Flowing Wells High School, 3725 N Flowing Wells Rd, Tucson. **BreakOut Studios Showcase** featuring BreakOut Youth Company, guest performances, BreakOut production numbers and so much more! Tickets are now on sale at BreakOut for \$6. Door \$8. www.breakoutstudios Tucson.com, 520/670-1301

May 9, Friday, 7:30 pm. University of Arizona Stevie Eller Dance Theatre, 1737 E University Blvd, Tucson. **True Places** is a UA Dance graduate MFA thesis featuring the choreographic works of Erika Colombi, Rachel Holman, Anna Keller and Gabrielle McNeille. This performance will explore honest interpretations of music, landscapes, family and individuality. Performance will feature live music. \$5-\$10. 585/750-9272.

May 17-18, Saturday 7 pm, Sunday 2 pm. University of Arizona Stevie Eller Dance Theatre, 1737 E University Blvd, Tucson. **BALLET TUCSON II**, Ballet Tucson's exceptional youth company, presents its end-of-season concert. The Seasons, Swan Lake – Act II & Bits and Pieces. Tickets \$25. 520/903-1445, www.ballettucson.org

May 29, Thursday. Fluxx Studio's, 414 E 9th St, Tucson. **The Next Step** is a monthly event in Tucson that will be starting May 29th. This is an 18 and up event. Anyone is welcome to compete in underground dance battles for the cash prize of \$500. Deadline registration is May 22. \$15 Registration Fee plus proof of talent (video or in person). Questions, email tucsongohard@gmail.com. <http://www.TheNextStepTucson.com>

Regional Events

Vail ~ May 30-31, Friday-Saturday, 7 pm.

Vail Theatre of the Arts, 10701 E Mary Ann Cleveland Way, Vail (Tucson). Ballet Rincon presents *Sleeping Beauty*. **May 31, 2 pm, Spring Showcase** – a collection of jazz, tap and contemporary. 520/574-2804 or www.ballet-rincon.com for tickets.

Sahuarita ~ May 24, Saturday, 4 & 6:30 pm.

Sahuarita District Auditorium, 350 W Sahuarita Rd, Sahuarita. **Sahuarita Dance Center** presents **Seasons of Dance**. For tickets or info call 520/232-3752.

May 31, Saturday, 7 pm. Sahuarita District Auditorium, 350 W Sahuarita Rd, Sahuarita.

Grace! Ballet presents **Raising the Barre**. For tickets and info call 520/260-9041.

Yuma ~ April 30-May2. Ballet Yuma is participating in the **Regional Dance America Pacific Festival** in Spokane, Washington.

Dancers have the opportunity to take classes in a number of disciplines and learn what is current in nutrition, training, and dance-related subjects. Dancers may also audition for scholarships to prestigious workshops, companies, and schools. To learn more about Regional Dance America, visit the following link: www.regional-dance-america.org.

May 31, Saturday. Kofa Auditorium, 3100 S Avenue A, Yuma. **Yuma Ballet Academy** presents **Etudes & Excerpts**. Students ages 3-18, plus Ballet Yuma Company and Workshop dancers will perform. For details, visit www.balletyuma.org or call 928/314-4762 or email academyyyba@roadrunner.com.



Photo of the Month

UA Dance Student **Kevyn Butler**

Photo by **Elizabeth Watson**

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.

SOCIAL DANCE NEWS



Scottsdale ~ May 17, Saturday, 10 am-6:30 pm.
Ambiant Dance Studio, 16597 N 92nd St, #105, Scottsdale. International West Coast Swing Teachers **Bret Navarre and Joëlle Navarre** from Paris, France & Phoenix, AZ will be offering a West Coast Swing Workshop Intensive with six (6) hours of classes and an Open Dance Practice. To register please contact Bret through facebook or email him at BretNavarre@msn.com.

\$70 thru May 16, \$80 door / Half Passes \$40 (3 hrs of workshops + FREE open dance practice)
\$15 per workshop. Open Dance only \$5. Registration is limited.

3 pm Let's Talk About It - Q&A and Critique Workshop \$20

Send Registration Form to: Bret Navarre, 2823 E Louise Dr, Phoenix 85032 or drop off at Ambiant Dance with your payment payable to Bret Navarre.

<https://www.facebook.com/events/243637642507664/>



TUCSON ~ 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.

Shoe discount promo: **GFranco Dance Shoes**
SAVE 10% with Discount Code "TSBDF2014" when you pre-select your favorite Salsa Bachata dance shoes.



WORLD ~ The year of Frankie is upon us and we couldn't be more excited about **Frankie 100** this May 22-26 in NYC! Check out the highlights [here](#). And here's the choreography to learn, perform, video & post: <http://frankie100.com/frankie-100-global-choreo/> LINDY HOPPERS unite!



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

Fridays, Mad Italian, 101 S San Francisco, Flagstaff. **FREE** Salsa Rueda & Latin Dancing 6:30-9:30 pm. Paul & Nadina Geissler, nadinegeissler@hotmail.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

Sundays, Tranzend Studio, 417 W Santa Fe Ave, Flagstaff. NAU Latin Dance Club 6-9 pm, \$5, Kati Pantisosnik, 928-814-2650, katipan@gmail.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
Friday Night Dance Party, \$7/\$6 students ID 7:30-10 pm (ballroom, Latin, swing, country, club & tango). No charge Silver Sneakers
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

May 2, First Friday, 220 N 16th St, Phoenix.

May 16, 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

SOUTHERN Arizona

TucsonDanceCalendar.com

for the most up-to-date schedule

May 11 & 25, 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/>

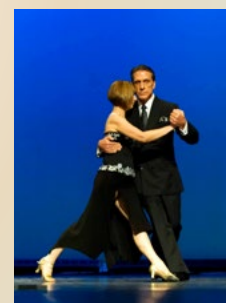
Saturdays ~ Armory Park Recreation Center, 22 S 5th St, Tucson

May 10 – Swingin' Saturdays featuring West Coast Swing, 7-11 pm, \$7/\$5 w/student ID info@swinginsaturday.com, <http://swinginsaturday.com/about-swingin-saturday/>

May 17 – USA Dance So Arizona Chapter presents their Dance, 8-11 pm. \$5 members, \$3 students; \$8 non-members. <http://soazbda.org/>

May 24 – TucsonLindyHop.org presents **Misbehavin'** for Lindy Hop & Swing dancers. 7-8 pm beginners lesson, 8-11 pm open dance. \$10 with discounts for students.

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.

National Dance News

National Dance Week is April 25-May 4. Guest choreographer **Gregg Russell** has created a routine to challenge even the most creative dancers. You can view it on the official NDW [website](#): Can you tell the **e-Star** what you did in celebration of National Dance Week? *Send your news to: Krystyna@AzDanceCoalition.org and we'll share it with everyone.*

Vince Cable: "What makes me human is a love of dance" is a wonderful article on what ballroom dancing has meant to Cable over his lifetime (admitting he is on his 8th decade). He is UK's Business Secretary and has appeared on Strictly Come Dancing, UK's version of Dancing With The Stars. Read the very moving story [here](#).

University of Southern California officially broke ground on the **USC Gloria Kaufman International Dance Center** on April 23, opening a new era for arts at the university. The three-story, red brick home for the new USC Kaufman School of Dance will be a world-class facility and will house a studio performance space, five medium and small dance studios, a dance wellness center, dressing rooms, space for future classrooms and offices for faculty and administrators. A large collaborative space for dance majors will be available for use on the third floor. "Gloria Kaufman stands among our world's greatest philanthropists and most ardent champions of dance," Nikias said. "With her historic gift, she also distinguished herself as a true visionary for the future of dance education. We look forward to watching USC Kaufman develop into one of the world's premier schools for dance education, as well as our university's sixth exceptionally vibrant arts school." Read the story [here](#). Read about Director **Jodie Gates** [here](#).

Make Your Move 3D, a Romeo and Juliet inspired dance film, opens in U.S. theaters April 18 (*found it listed at Harkins Superstition Springs 25, Mesa, & AMC Ahwatukee 24*) featuring dancer **Derek Hough** and Korean superstar **BoA**—singer/dancer with more than 20 million records sold. Two dancers from different worlds see their romance threatened by the dangerous rivalry between their brothers' competing dance clubs in New York City's underground. There's TAP in it too – on a bar! Here's the official YouTube [trailer](#). [facebook](#) [Billboard](#) Songs: **Let Me In** available now. **Make Your Move** soundtrack drops April 7.

ABT will take its Nutcracker WEST in 2015

The production will go west in 2015 to begin an annual run at the Segerstrom Center for the Arts in Costa Mesa, CA, where snowflakes — of both the onstage and offstage variety — are considerably rarer. The co-presentation, the latest sign of a closer relationship between Ballet Theater and the Segerstrom Center, will begin in December 2015 with 14 performances of **The Nutcracker**. Read the article [here](#).

NY Public Library Puts Major Dance Video Archive Online

The **New York Public Library** recently digitized thousands of hours of its videos in the **Jerome Robbins Dance Division Moving Image Archive**, from grainy historic footage to contemporary productions along with preservations of culture. Read about it [here](#).

8th Annual World Dance Parade and Festival kicks off at 1 pm on May 17 in NYC. Savion Glover, tap legend, and Jawole Willa Jo Zollar of Urban Bush Women serve as grand marshals. More than 10,000 dancers will represent countries from around the world and 75 dance groups will showcase 75 dance styles and cultures. Parade registration is open to everyone and the last day for "groups" to register is May 7. Individuals can register up until the day of the event. More info at <http://danceparade.org/wp/>.

Painless Dance and Star Performance

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

Hips and Knees, Knees and Hips

Legs, Wonderful Legs

If you have ever opened an anatomy book you have observed how the muscles of the leg are inextricably connected to the hip, knee and ankle and wonderfully encased in a neat stocking of skin.

Most people know very little about the miracle known as the leg. However, most of us have experienced the hamstring or calf muscle cramp that sends us screaming from the bed to stretch it out, if in fact, we are able to move at all.

Muscle Programming

Muscles, all muscles, are designed and programmed to do two things: contract and relax. Unless your muscles get together and agree on the move you need to make, you can't get out of the tub, drink your coffee or tour your jeté!

If, for instance, you decide to lift your leg out of the bath tub the muscles in the front of your thigh (the agonists) must initiate the action. However, before the agonists can get your knee up the antagonist, the hamstrings, must be notified. Should this programming be flawed, you may be stuck in the tub indefinitely or you would fall forward out of the tub.



Those beautiful columns are also an auxiliary pump for the heart. It is the action of the muscles of the leg that help pump the blood back up to the heart. Keeping the legs free of spasm helps the muscles, veins, arteries, nerves and lymph systems to do their work more efficiently and effectively.

We Are All Hung Together

Pain is one of the greatest reminders that we are all of a piece, and that trying to treat only a part of the body, organ, mind or spirit while leaving the rest on the shelf, just doesn't work.

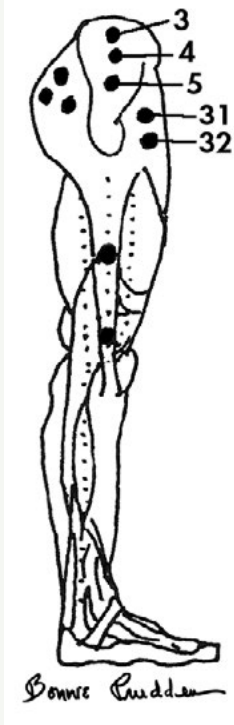
Joints are anchors for the muscles that move them. If the knee hurts the trouble most often lies in the quadriceps and the gastrocnemius. If the hip bothers the abductors, adductors and gluteals are usually to blame.

Reviewing the Rules of a Bonnie Prudden Myotherapy® Treatment

- Never go harder than a 5, 6, 7 on a scale of 1 to 10
- Always treat BOTH sides even if only one hurts
- Always treat ADJACENT and OPPOSING muscle groups
- Always stretch the muscle groups with Corrective Exercise following treatment to the area

Hips and Knees / Knees and Hips

You can't treat one without treating the other. Hip and knee pain often go hand in hand. When you look at the anatomy of the leg you can clearly see that many of the muscles run over both the hip and the knee joint.



Hip Pain

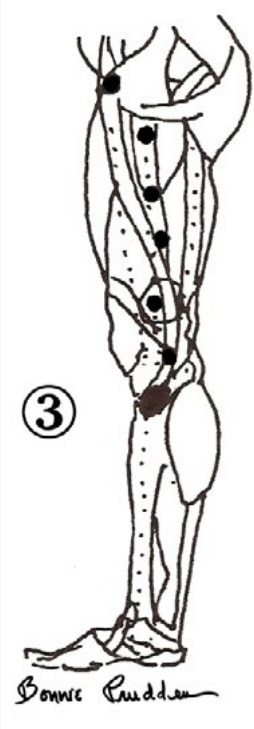
Don't forget we are all of a piece and don't forget the rules. Also, don't forget that the trigger point numbers in this series are the same as are pictured on the body maps in Bonnie Prudden's books.

To treat hip pain you must start by addressing the same trigger points as for low back pain which are shown in the April issue: gluteals, beltline and groin.

Abductors

Once you have completed these areas and done the Corrective Exercise, have your hurting partner lie on one side with the bothersome hip up. A pillow between the legs will provide comfort and help keep them steady. Use your elbow to find the three points shown in the accompanying diagram labeled ABDUCTORS numbers 3, 4, 5 in the hip area. To keep from slipping put your hand palm down and use your thumb and forefinger to cup the elbow.

Next, move to the tensor fascia for two points, 31 and 32. To locate that area on yourself take the weight off your leg and place your hand as if you were going to slip it into your side pocket. Now stand on that leg and you will feel it contract under your hand. This powerful and often disruptive muscle creates tension (through the iliotibial band or IT band) so that your knee doesn't collapse. Follow the IT band down and catch a couple more trigger points on that line



Adductors

Think of yourself as a marionette controlled by strings. If the string attached to the inside of your knee is pulled the leg will come across your body. At the same time that action will also pull on your hip. So following the rules, address the opposing muscle group, the adductors.

Have your Myotherapy partner lie on her bothersome side with the top leg in front out of the way. Using your elbow again, look for trigger points on the inside of the leg in a line from just below the knee to the groin following the points on the adductor illustration. Go easy, these are apt to be very tender.

After completing these steps, get up from the table and perform the following Corrective Exercises: **Hip Wags and Hip Twists**, and

Cross Overs, both front and back (*Cross Overs are pictured on the following page*).

Repeat each of the Corrective Exercises 4 times. Is the pain gone, eased, moved, or changed in any way?

Continue the exercises throughout the day and continue doing them the next day. Remember to do them often throughout the day but only four repetitions at a time. If at the end of the second day you still have discomfort than repeat the treatment and add the following steps....for the quadriceps and hamstrings...adjacent muscle groups.

A Word About Corrective Exercises

- We call them Corrective Exercises because, if done correctly and faithfully, they teach the muscles new habits by putting them through an active range of motion and in a variety of ways.
- Muscles need variety and reminders, especially if they have been hurt. Treat yours gently while they heal.

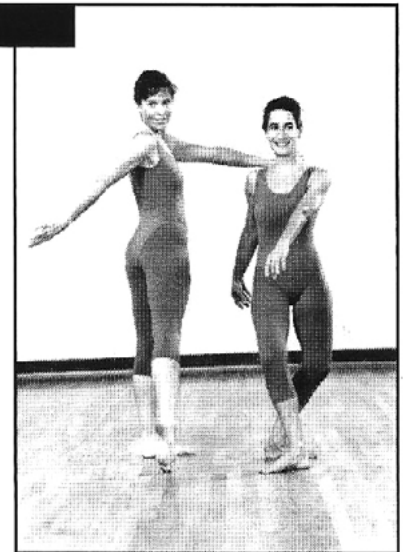


Stand with feet apart, knees straight. Keep shoulders still and shift hips from one side to the other.

HIP TWIST

Place one foot forward.

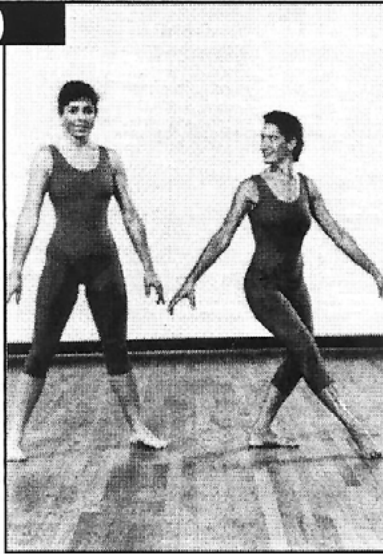
1. Turn foot in.
2. Keep foot forward and turn out.



CROSS OVER (FRONT)

Stand with feet apart.

1. Cross one leg to outside of opposite foot.
2. Return to starting position. Repeat on opposite side.

**CROSS OVER (BACK)**

Stand with feet apart.

1. Cross one leg behind the other.
2. Return to starting position. Repeat on opposite side.

**The Quadriceps**

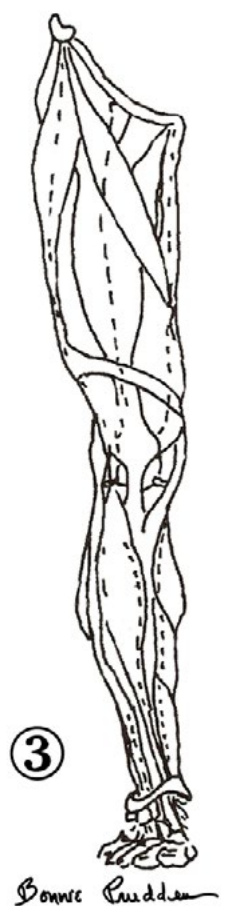
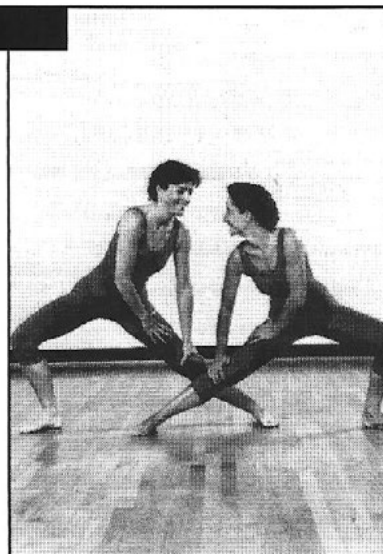
The quadriceps consist of four muscles which are especially powerful when it comes to the dancer. Across the quadriceps runs the longest muscle in the body. The Sartorius, which affects both the hip and the knee, attaches to hip bone and to medial shaft of the tibia. Have your partner lie on her back. Keeping all this in mind it is best to treat the quadriceps by doing three lines of trigger points: one down the center of the leg, a lateral line and a medial line. Cup your elbow between your thumb and forefinger to keep from slipping. Go in easy and hold each point for 7 seconds. You can do the center line and the medial line from one side.

Walk around to the other side to address the lateral line. Stretch the area by doing **Thigh Shifts**.

THIGH SHIFT

Stand with feet apart.

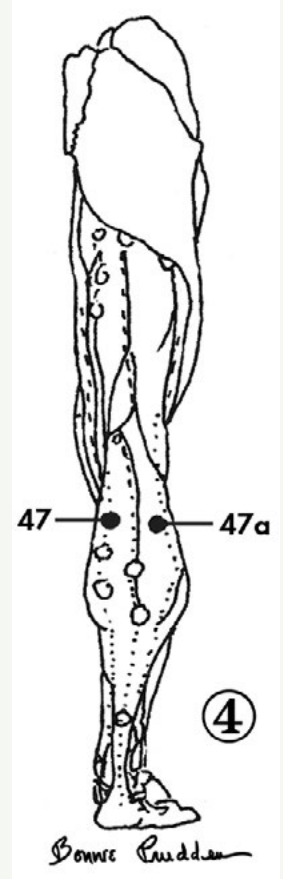
1. Bend one knee keeping opposite straight.
2. Shift weight over straight leg. (for extra stretch, gently bounce straight leg toward floor). Repeat with other leg.



Hamstrings

The dancer's hamstrings (there are three) must be very powerful AND very flexible. Inflexibility of the hamstrings is tied to stress and not enough physical activity to offset the stress and tension of the day. Inflexible hamstrings also account for 50% of all low back pain. Make sure all those you love can stand with their feet together, knees straight and bend over and touch the floor. If they can't then treat the hamstrings with Bonnie Prudden Myotherapy® and Corrective Exercise and then retest. You will probably find that they can reach a little further and over time, with regular treatments and consistent hamstring flexibility exercises, they will get there.

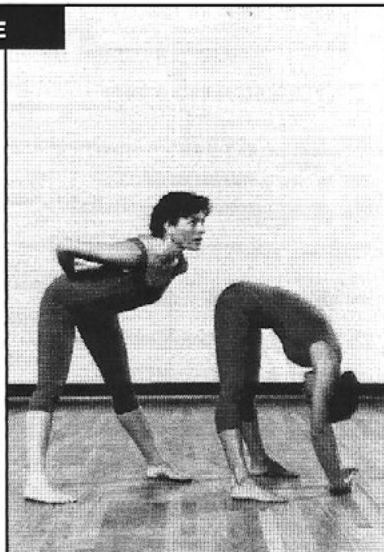
To treat the hamstring have your partner lie face down. As with the quadriceps, address three lines for the hamstrings as shown in the diagram. Start just above the popliteal fossa (the back of the knee) in your hunt for trigger points. Go every 2 inches or so all the way up the back to the leg to the seat. If you have trouble locating the medial and lateral lines bend the knee. The tendons will be in plain view and can be used as your guideline of where to begin. Return the leg to the straight position before treating the trigger points. Follow the medial line to the seat. Walk to the other side to treat the lateral line. Once the three lines have been completed it is time for the Corrective Exercise, in this case the **Flexibility Bounce**. Gentle bounces are the order of the day. Tie them to something you do often throughout the day (like going to the bathroom) until your **Flexibility Bounce**, BOTH TO THE FRONT AND TO THE SIDE, becomes a habit.



FLEXIBILITY BOUNCE

Stand with feet apart, keep knees straight.

1. Lean forward from hips, back flat, chin up, gently bounce chest toward floor.
2. Round over, drop head and arms. Gently bounce torso toward floor.

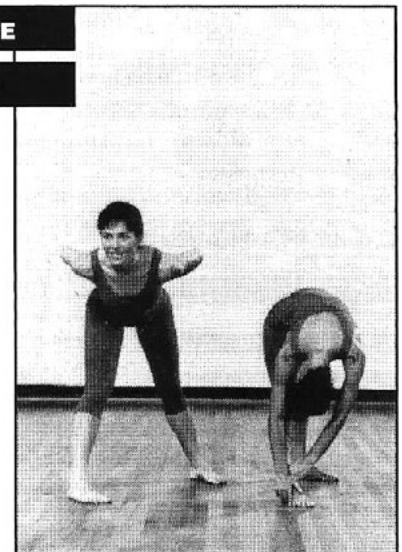


FLEXIBILITY BOUNCE

TO SIDE

Stand with feet apart, keep knees straight.

1. Lean forward from hips, turn torso to side, gently bounce chest toward floor.
2. Round over, drop head and arms. Gently bounce torso toward floor. Repeat on opposite side.



Ballistic or Static Stretch...**That is the Question?**

When I was a young ballet student (way back in 1948) our stretching was always done at the end of the class when our muscles were warm from being worked for an hour. Ballistic stretch was used, bounces were gentle, done to the rhythm of the piano music selected and no one ever got hurt. In 1970 when I was teaching physical education at the University of New Hampshire a professor introduced me to what he said was the new static stretch. I tried it but found that not only did it not increase my flexibility, it hurt too. I went back to ballistic.

In 1971 I met Bonnie Prudden. The stretches she showed us were ballistic, and performed at the end of the class to music suggesting a gentle bounce rhythm. At about that time static and ballistic became controversial. Ballistic was getting a bad rap mostly because those using it were not only very tight, they were bent on becoming more flexibly no matter what. Everyone was confused. One person said one thing, someone else said another. What to do???? Bonnie explained it this way. When you perform static stretch the muscles set up a tension to keep you from going any further and hurting yourself. When you use ballistic stretch it confuses the muscle and encourages it to let go. Over many years we who use the Prudden method of both exercise and Myotherapy find that ballistic stretch works best for our purposes.

More About Stretching

James Garrick, beloved and respected sports doctor and author of Peak Condition, says that nobody thought much about stretching until the early 1960s when the football people decided that weight training should be a part of the program. Free weights were used and a maximum amount of weight was lifted through a minimum range of motion. The result was muscle bound muscles and muscle injuries. And subsequently ill-conceived programs of stretching.

Knee Pain

You often hear athletes say "the knees go first." This is mostly because they are over used, under treated and disrespected. Along with controversy about ballistic vs static stretch was the controversy about knee bends. "Don't do knee bends." "Don't bend over." "Bend your knees to lift the box." Joints were made to go through full range of motion and what you don't use you lose. Two of the most damaging activities for hips and knees is running on the road and aerobic dance. There is nothing wrong with running but cross country is much kinder to your body. And there is nothing wrong with dance but jumping up and down in the same way over and over (and usually on cement albeit covered with tile or carpet) is not dance. Bonnie used to say, "We've ruined our chassis to save our motors."

Erasing Knee Pain

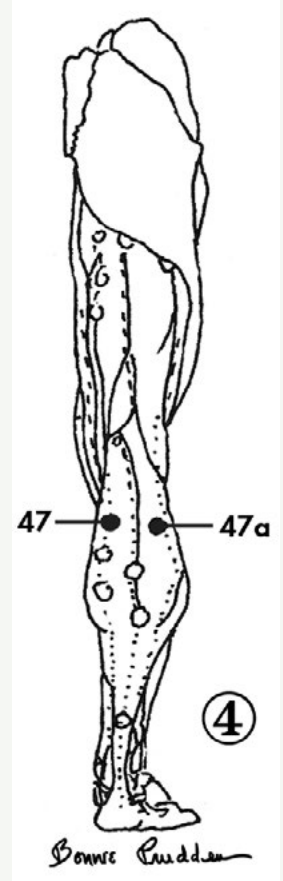
Gastrocnemius

The knees are controlled by the quadriceps in the front of the upper leg and the gastrocnemius is the back of the lower leg. You've already treated the quadriceps so now have your partner lie face down with her ankles over the end of the table or a small pillow under the ankles.

Look again at illustration HAMSTRINGS and GASTOCNEMIUS. Before you begin the trigger point search gently squeeze each calf muscle. Calf muscles, like all muscle, should be soft and pliable when at rest. After you have finished treating the calf muscle test it again by gently squeezing it. You will most likely find that it is now "softer" than before.

Warning

When the gastrocnemius is treated the person often reacts by bending the other knee. This means the therapist might get kicked in the head. We usually treat the center and lateral lines from the opposite side so that our bodies keep the reaction from being lethal. *When treating the medial line use your wrist to prevent being hit and remind your partner not to kick you.*

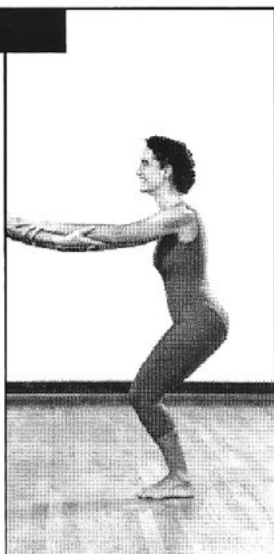


Pretend the lower leg is covered with nylons of the olden days with a seam down the middle. Starting just below the popliteal space follow the seam line down the center of the muscle to the Achilles tendon. Follow this with the medial and lateral lines starting with 47 and 47A on the diagram. Now check to see if the muscle is softer and congratulate yourself. Have your partner follow this with a few gentle **Half Knee Bends**.

1/2 KNEE BEND

Stand with feet and knees together,

1. Bend knees keeping heels on floor.
2. Keep knees bent, gently bounce knees towards floor.



Now how do you feel? Hip pain gone, knee pain gone, looser, lighter? Continue with your Corrective Exercises for the hip and knee: Cross Overs (both front and back), Hip Wags, Hip Twists, Thigh Shift, Hamstring Flexibility Bounce (both front and side), and Half Knee Bends.

A Word About Music

As dancers you all love music. It is a part of you. When you hear it you can't wait to move. It lifts your spirit and makes everything better. As you do your Corrective Exercises put on some music. Something like New York, New York by Roger Williams works well and in the 3:30 minutes it takes to play you will have completed all your exercises and hardly noticed.

In the next issue we'll address painful ankles, feet and the **Classic Greek Foot**.

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.

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*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.*

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Mini Guide to Prolonging Your Dance Career

Amateur and professional dancers study and train hard. Most started taking lessons when they were very young. The grueling hours spent in class, rehearsals and performances can lead to some very serious health problems. Dancers and Health Together, Inc. (DAHT), a non-profit Arizona organization founded in 2009, has selected five “mistakes” dancers make that could shorten their dancing career—or keep them from participating in their very *therapeutic* dance class!

Five Biggest Mistakes Made By Dancers

1. Not integrating the whole body
2. Not connecting the mind and body
3. Overcompensation
4. Not recognizing your UNIQUE body
5. Not understanding your body's CORE

WHOLE BODY INTEGRATION

Whole body integration, aka W.B.I., is when you incorporate your entire body in to movement. This can be a challenge for dancers because they often divide the body into two sections—the upper body, and the lower body. Viewing the body in this manner hinders performance and prevents your body from accessing all its possibilities. For example, if you extend your right arm, you should not attempt to feel just your arm because you have a whole body attached to that arm. You need to feel the initiation from your back and then your right shoulder down to the middle finger, and finally you need to sense your body's counterbalance from your middle finger down to your left toes ... and everything in between. Without this integrated process, you will be prone to more

Whole Body Integration (W.B.I.) requires a mind-body connection that brings focus and awareness into the present moment - because the moment is always changing.

injuries and will never be able to fully engage the movement set on your body.

The benefit of reduced injuries may enable you to take more risks when executing intricate and daring movements because you will be able to access your body's appropriate counterbalance. Additionally, every movement will be bigger, more fluid, and more technically professional in appearance and in performance.

THE MIND AND BODY CONNECTION

People often work so hard on their technique that they forget about connecting with their minds. The *mind and body connection* is when you recognize both entities should work as two completely *integrated and powerful forces*. Trained dancers use their mind and bodies excessively every day—*analyzing, problem-solving, remembering, etc.* However, being able to really focus and be in the moment

takes much concentration and often years to master. Instead of just remembering the choreography and wondering what it may look like when performing, a dancer needs to think about how W.B.I. *feels* while moving and what is happening *in the moment*—because that moment is always changing. This is a difficult task because there is so much to distract us if we can't learn to control our thoughts. We may attempt to be in multiple places at once! We need to consciously fight the negative self-talk that plagues our daily lives:

“Am I doing this right?”

“Does this look okay on my body?”

“I can't do that.”

It is important to recognize that you are completely *unique* from your friend or your choreographer—inside and out. Therefore, you need to think about what the movement feels like on and in your own body. If it feels “weird”

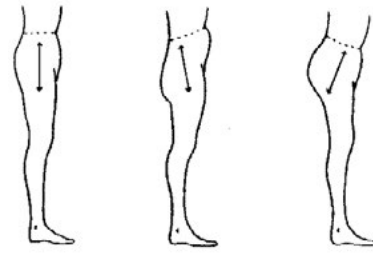
Mini Guide to Prolonging Your Dance Career *continued*

or “different” than you think it should, it is your job to discover where and why it feels that way.

Being able to stay focused in the moment will also help reduce injuries. However, should an accident occur, your ability to analyze and evaluate what happened may help you discover more about yourself. This is vital for dancers.

OVERCOMPENSATION

When you are told you are doing a movement wrong, you do whatever you can to fix it. Trying too hard can cause you to *over correct* yourself. For example, when dancers are told to keep their pelvis in-line with the rest of their body, they generally seek that neutral stance by tucking their pelvis. Tucking your pelvis, rather than accessing the appropriate muscles required for a neutral body alignment (i.e. the transverse abdominals), can ironically



knock your body out of alignment even more and cause long-term damage. Injuries can occur in the hips, spine, and

back muscles, and affect your dancing. The same can happen if you are told to not pronate your feet/arches. You can wind up dancing on the outside edge of your feet and have floating big toes!



*First you need to understand your own body
and how it works in movement and in stillness.*

First you need to understand your own body and how it works in movement and in stillness. This will help you recognize when something is being corrected or you are overcompensating. If you learn this, your body will be able to move freer and it will be easier for you to engage the parts of your body needed to pursue more complicated and faster movements.

YOU ARE UNIQUE

Everyone is born with a *unique* body. And as a person grows older, their body is shaped to their environment. The structure of the bones, the attached muscles, the way the brain reacts to any given situation, and even the way you walk, is unique—especially unique when compared to someone who has never danced.

Something dancers tend to forget, though, is how different their body is from their fellow dance mates. Dancers try to mimic the abilities and style of successful company members

or dancers they admire. Although it is good to aspire to a higher level (self-perception), it is a limited endeavor because no one human body and mind is the same. Dancers need to recognize their individuality or they will never be able to completely access their own unique full range of movement.

For example, in the movie *Center Stage*, Jody Sawyer tries very hard to make her body look and move just like her teachers and best friend Eva Rodriguez. That dream almost kills her dance spirit because she couldn't do it. At the end of the movie she realized her full potential belonged in a different dance style that suited her body better and it made her happier and dance fuller.

As previously stated, you can never truly look and dance exactly like someone else. Attempting to do so will not only hurt your dance career, but ruin your spirit. Learning about your unique body will lead you to

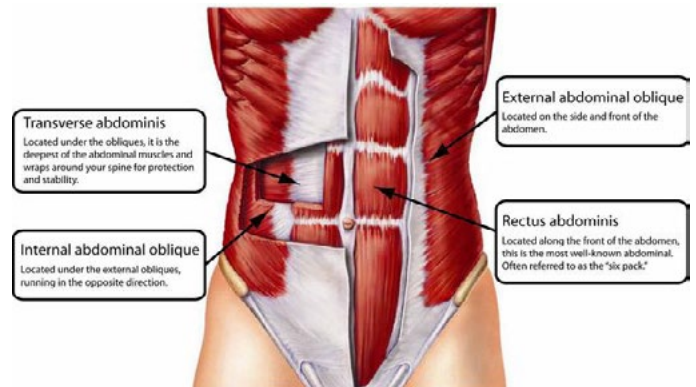
Mini Guide to Prolonging Your Dance Career *continued*

discover a dance style that is a good fit for you, save you heartache and injuries, and allow you to explore your individual range of motion and artistic perfection.

NOT UNDERSTANDING YOUR BODY'S "CORE"

Your body's "core" is its organs. However, this is not what people tell you to engage in dance or other fitness classes. People too often yell, "Engage your core!" without telling you what they mean. When you are doing crunches, you might think you are engaging your "core." However, you are simply accessing your external abdominal oblique muscles. They only connect the pelvis and the rib cage. This may result in a "6-pack," but it might actually end up

hurting your back and creating long-term pain problems.



If you want a stronger "core" to help your back and to help you in lifts and other technical dance movements, you need to actually find your *transverses abdominal muscles* that wrap

The goal is to completely engage your transverse abdominals while breathing, remaining still, and in motion.

all the way from your upper and lower back (including the *multifidus muscle* that helps support the spine) to the front of your rib cage and lower abdomen. Unfortunately, learning how to feel this muscle when it is engaged is a difficult task. Whenever you cough, the lower area right above your pubic arch is where you can feel these muscles the best. The goal is to completely engage your transverse abdominals while breathing, remaining still, and in motion.

Being able to fully access and engage the core and transverse abdominals may take up to six months. This process includes coughing and continuing to engage that muscle and feeling while laying down and breathing; then trying to do the same thing while sitting, kneeling, and standing. While it can be a frustrating process, it is incredibly important for a dancer to find these muscles because it will help them prevent back problems and will make them stronger dancers.

DAHT addresses these issues and more through our trained dance programs that

occur at the end of July during our annual **National Dance Day** celebration—**Arizona's Got Dance!**—usually on the last Saturday in July (26th). This event will focus on dance and health specifically for trained dancers, so you don't want to miss this exciting opportunity. To verify dates closer to the event, visit the [website](#).

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About the Author:

Mary Lane Porter, BFA Dance from Arizona State University, has been dancing for 22-years in the competition, modern, and post-modern styles. Combining her business skills, activism, creativity and dance, Porter created Dancers and Health Together, Inc., in 2009 and works to improve people's mental and physical health through the language of movement. marylane@dahtinc.org, 580-504-3611, PO Box 13303, Phoenix AZ 85002 <http://www.dahtinc.org/>

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.

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JOB POSTINGS

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

Phoenix: **GateWay Community College** Fall 2014 ~ Dance Instructors WANTED. MA/ MFA Contemporary Dance/ Hip Hop M/W 2-3:15 pm; Social Dance Thurs 6-7:50 pm. Inquire by May 2. Contact Dean Stover at stover@gatewaycc.edu or 602-286-8726.

Tolleson Union High School District:
Westview HS / **Dance 1.0 FTE Teacher**.
RCertified/Qualified: description [here](#).

Mesa Arts Center, Mesa: Dance Instructor
Contact Billy Jones at billy.jones@mesaartscenter.com or 480-644-6541 if interested.

Tempe: **ASU Digital Culture Edu Coordinator** / School of Arts Media & Engr. \$30,508-\$48,000. Reports to Director. + **Communications Program Coordinator**

Tucson: **UA Dance / Asst Professor / Full-time**. pchoate@email.arizona.edu, 520-626-4106. <https://www.uacareertrack.com/applicants/jsp/shared/frameset/Frameset.jsp?time=1393464333428>. This position will start August 2014. *Teaching jazz dance technique. *Teaching other studio dance forms and/or dance academic courses. *Maintaining an active professional profile.

Tucson: **University of Arizona / Program Manager**. Support folklife activities in partnership with **Tucson Meet Yourself**. The listing is here: <https://www.uacareertrack.com/applicants/jsp/shared/frameset/Frameset.jsp?time=1396487291564>. Search for Job Number: 54875, Program Manager, \$36,000-\$42,000.

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/bso/dance/index.jsp>
SeeDance.com ~ <http://www.seedance.com>

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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 by May 15th.** 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.

Link to an important story ► Dancing in the Danger Zone

Unreported World Shorts / Ballet in Iraq - [YouTube trailer](#). For 17-year-old Leezan, dancing is an act of courage, in a country where ballet is considered an act of prostitution. Reporter Evan Williams and Director Marcel Mettelsiefen meet the extraordinary young dancers and musicians at Iraq's only music and ballet school, who are battling to keep their art alive against the rising tide of sectarian violence in Baghdad.

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!

ENERGY TIP

by Krystyna Parafinczuk

No-Bake Energy Bites

(prep 10 minutes)

Yields 3 dozen

- 1 cup (dry) oatmeal
- $\frac{2}{3}$ cup toasted coconut flakes
- $\frac{1}{2}$ cup peanut butter
- $\frac{1}{2}$ cup ground flaxseed or wheat germ
- $\frac{1}{2}$ cup chocolate chips or cacao nibs
- $\frac{1}{3}$ cup honey or maple syrup
- 1 Tbsp chia seeds (optional)
- 1 tsp vanilla extract

Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and let chill in frig for 1/2 hour. Roll into balls of whatever size you would like (1" diameter). Store in an airtight container and keep refrigerated for up to 1 week. Makes about 20-25 balls.

**BLOAT-BUSTING TIP**

by Krystyna Parafinczuk

Bloat-Busting Banana**Smoothie** (makes 1 smoothie)

- 1 cup plain Greek yogurt
- $\frac{1}{2}$ banana (I freeze mine)
- 2 pitted dates
- $\frac{1}{4}$ almond or rice milk
- Combine & blend until smooth!

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**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.

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Desert Dance Theatre



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Krystyna Parafinczuk, Treasurer (Southern Az)
Krystyna@AzDanceCoalition.org, 520-743-1349, call first to send fax