

ARIZONA

DANCE

E★

JULY/AUGUST 2018

statewide listing
of performances
master classes
auditions | jobs
tips | news
social dancing



NATIONAL DANCE DAY
SATURDAY, JULY 28

BLAKTINA
PHOENIX CENTER FOR THE ARTS

CALL FOR ARTISTS
ARIZONA DANCE FESTIVAL

ALISSA HUFF
ILUMINAR!
CONVERGENCE
BALLET COMPANY
PHOTO BY ED FLORES



Arizona Dance e-Star

a publication of the *Arizona Dance Coalition*

Volume 8, Issue 7

July/August 2018

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Dear readers,

Happy **4th of July** and may you find yourself dancing later in the month on **National Dance Day, July 28!**

Relief—from heat and pain—plus conditioning 'on the go' are covered this month. The tip (pg 39) features a 'cooling cloth' that only requires water, wringing and snapping! A page is devoted to describing **Young Living Essential Oil** pain relief products that are natural with no synthetic ingredients (pg 35). And contributing this month is **Dr. Alexis Sams, Arizona Dance Medicine Specialists**, suggesting exercises you can do to maintain your trunk stability and strength.

Are injuries ending your dance career? Read the article on pgs 31-24 to see how many professional dancers have survived, with the right care. We've come a long way in physical therapy. Ask Dr. Sams! Did you see "Red Sparrow" and cringe?

There are two 'Photos of the Month' since this is a July/August combined issue (pgs 21-22). We have featured **Breanne Wilson** before, but never 'mowing the lawn!' She confesses that it wasn't an easy shot (photo taken by **Tarzan Dan**), but it sure is a fun 'summer' image. And it's a rechargeable battery mower (in case you notice the mower is not plugged in)!

I bought a 'whiteboard' as recommended in a previous issue to be better organized for grantwriting. I'm hoping to begin contributing in this area and I invite you to attend two upcoming GPA meetings in Tucson (pg 20). Great guests! Join me! Safe vaca travels and stay cool! Be back in September!

enJOY, Krystyna Parafinczuk, Editor

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-Star* publications are available at azdancecoalition.org/newsletters/.



Event listings are posted by ADC members on the ADC website. Events are restricted to 501(c)(3) organizations with the exception of charitable and free events, educational workshops and masterclasses. All submissions are monitored. Content may be edited. Non-member news and events are

listed in the **Regional Section**. Send news to: Krystyna@AzDanceCoalition.org. AzDanceCoalition.org



July 28, Saturday NATIONAL DANCE DAY!

Established in 2010 by Dizzy Feet co-founder, Nigel Lythgoe, **National Dance Day** is an annual celebration dedicated to dance, that encourages Americans of all ages to incorporate dance into their lives. By creating a focused day of celebration, Dizzy Feet Foundation aims to educate the public about dance and its many benefits, as well as make dance accessible and inclusive to everyone.

Dizzy Feet Foundation (DFF) believes that participation in dance connects the mind and body, promotes health and well being, connects us with others and enables us to find joy through dance and movement. **National Dance Day** (NDD) is a day of celebrating dance, in all its forms, and takes place annually on the last Saturday in July.

Accessible to everyone at every ability level, **National Dance Day** provides:



- An instructional video, made available online, for people to view, learn and share with others wherever they are
- Dizzy Feet Co-Hosted events in two key cities, providing free dance classes and performances for all ages and skills levels, with information from a range of community dance organizations
- Nation-wide Event Registration that encourages and supports individuals & communities, as they celebrate NDD
- Strong online presence, allowing everyone to participate, no matter where they are across America



➤ This year's routine is created by Mandy Moore and is for beginners, those with a little more experience or *sass*, and translated for those in wheelchairs. View it here: <http://dizzyfeetfoundation.org/national-dance-day/>

**What are you doing to celebrate
NATIONAL DANCE DAY?**

August 11-12, Saturday-Sunday 2 pm, Saturday 7 pm. The Madison Center for the Performing Arts | ESD Performing Arts Center, 5601 N 16th St, Phoenix. **Convergence Ballet Company Presents *Iluminar!*** Most ballet companies take summers off, but the summer season is when Convergence Ballet Company shines. Created by Jennifer Cafarella, director of Ballet Theatre of Phoenix, Convergence Ballet is a local nonprofit organization comprised of dancers from across the country. Each summer they put on a one-of-a-kind performance that gives back to the community. This year Convergence Ballet is showcasing *Iluminar!*



Joan Rodriguez. Photo by Ed Flores.

"This season is especially intriguing because we have four new dancers and three new choreographers joining the Convergence Ballet family," Cafarella said. *"In Iluminar! we have four pieces running through the entire spectrum of talents from the dancers. These include classical ballet, swing and contemporary pieces and showcase three new world-premiere works. This show will include a diverse array of classical and contemporary productions showcasing incredible artists. We will illuminate the stage."*

Madison Schools recently celebrated the opening of its 24,547 square-foot, 900-seat auditorium Madison Center for the Performing Arts | ESD Performing Arts Center, which includes a spacious lobby that can seat 200 for pre-function events. *Iluminar! will be one of the first performances in the center.*

By attending *Iluminar!* patrons are also supporting the **PLIÉS** program (*Providing Leaps In Elementary School*). Spearheaded through Ballet Theatre of Phoenix, this program, in partnership with Loma Linda Elementary School, provides underserved students with full immersion in a world-class arts education in classical ballet. **Tickets \$30.**



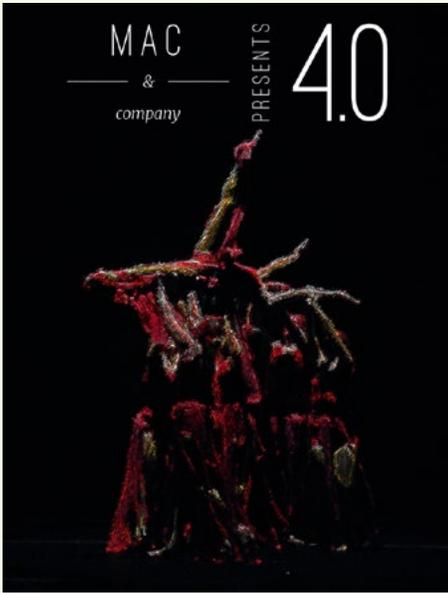
BlakTina 2017: Echoes by Elisa Marie Cavallero. | Photo Eduardo Robles

August 24-25, Friday-Saturday, 7:30 pm. Phoenix Center for the Arts, 1202 N 3rd St, Phoenix. **BlakTina Dance Festival 2018** presenting work by Arizona Artists:

Erik Canales | Alicia-Lynn Nascimento Castro |
Jenny Gerena & Sydney Jackson
Felix Cruz | Malika Fernandez | RaShawn Hart
| Anthony James Kelly
Ruby Morales | Alexander Patrick
and

California Artists: Alvin Rangel | Aisha Bardge
with Stephen Tanner

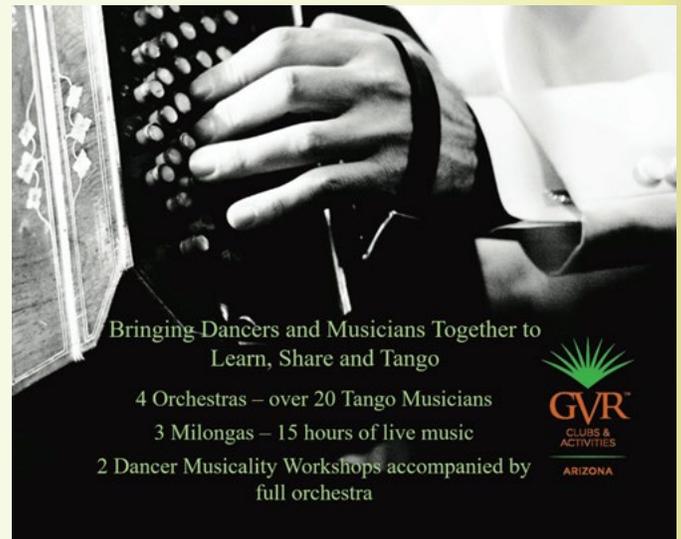
BlakTina Festival, produced by **Liliana Gomez** and **Licia Perea**, is a dance concert that showcases and celebrates the powerful dynamic work of Black and Latinx dance makers in Arizona. The festival's mission is to further opportunities for Black and Latinx choreographers with the desire to diversify programming and audiences in the Phoenix dance scene. The festival originated in California and two dance artist from California will be participating in the Phoenix festival. In October two Phoenix artists will travel to perform in California. **Tickets** \$15 available at the Box Office. They will go fast (sold out last year), so get your tickets as soon as they become available.



August 25, Saturday, 2 pm & 7:30 pm. Tempe Center for the Arts, Studio Theater, 700 W Rio Salado Pkwy, **Tempe.** **MAC & Company** are back again for another two part, full-length show of diverse dance styles. The first half of the program will feature a wide range of pieces choreographed by various company members. The second half will feature a themed set of works titled **"The Art Exhibit,"** where dances are created based on artwork. The audience becomes witness to these compositions come to life. Tickets www.macdance.org \$15 adults, \$10 Seniors/Students/Military/Children under 12 and City of Tempe residents.

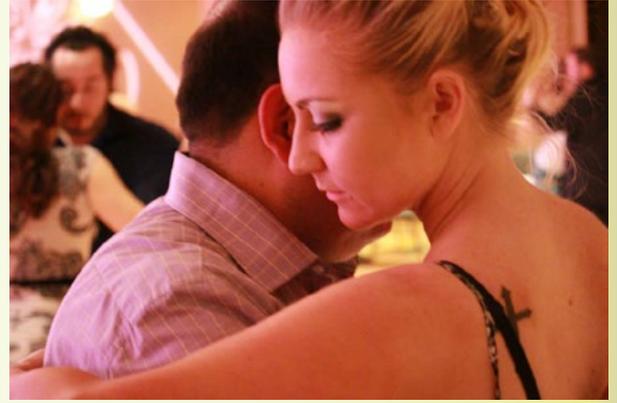
September 26-30, Wednesday-Sunday. Canoa Hills Recreation Center, 3660 S Camino del Sol, Green Valley. **QTango** and the **GVR Argentine Tango Club** present **GV-QTango Fest 2018 – All Live Music Tango Festival ~ Bringing Dancers and Musicians Together to Learn, Share and Tango**

- 4 Orchestras | 20+ Tango Musicians
- 3 Milongas | 15 hours of LIVE MUSIC!
- 2 Dancer Musicality Workshops accompanied by a full orchestra!



Erskine Maytorena, band leader for QTango, talked for a very long time about putting together a live tango music festival for dancers. The dream finally came true from March 16-18, 2018, at the first AB-QTango Fest in Albuquerque, New Mexico. The event quickly sold out. After the success of the festival he decided to expand the reach of the event and organize another festival in Green Valley, Arizona, sponsored by the GVR Argentine Tango

Club, in order to make it easier for west coast dancers who love *live music* to attend. *Qtango* has been performing for dancers since 2008 and learned a lot along the way. This is another opportunity to not only share what they've learned, but to build a community of musicians and dancers looking to support live tango music.



For more information, to purchase your \$149 pass and view updates, visit [here](#). Learn more about QTango [here](#). View [pictures](#) and [video](#) of the AB-QTango Orchestra in Albuquerque. For any other questions, use the website contact pages at <https://www.qtango.com/passes/> or <https://www.sztango.info/contact>

*"When you dance, your purpose is not to get to a certain place on the floor.
It's to enjoy each step along the way."*

—Katherine Dunham

*"I see the dance being used as a means of communication between
soul and soul — to express what is too deep, too fine for words."*

—Ruth St. Denis

"Dance is the hidden language of the soul."

—Martha Graham

"I wish to live a life that causes my soul to dance inside my body."

—Dele Olanubi



UA Presents / University of Arizona, Tucson
<http://uapresents.org>, 520-621-3341
 Box Office 1-800-840-9227 / Live Chat available



UA PRESENTS
 2018/2019 SEASON

SEASON TICKETS ON SALE NOW!
 Pick a package or **CREATE YOUR OWN ADVENTURE!** of three or more events.



PHOTO: CHE MALAMBO



PHOTO: JAZZ AT LINCOLN CENTER. COURTESY OF LYNNE GRIMES. COVER: CHE MALAMBO © JANE SIMPSON.

UA PRESENTS
 2018/2019 SEASON



JAZZ

"...Inspired..." - Financial Times

JAZZ AT LINCOLN CENTER
 "Spaces" by Wynton Marsalis
 featuring Lil Buck and Jared Grimes

Performed for the first time (to sold-out crowds) in 2016, Wynton Marsalis' "Spaces" combines modern dance with big band jazz in a playful and wildly entertaining exploration of the animal kingdom.



Family

"...family friendly entertainment" - Boston Globe

IMAGO THEATRE
FROGZ

Defying classification, Imago has populated the stage with characters and beings such as comedic amphibians, acrobatic larvae, circus boulders and metamorphosing humans in works, which, through the senses, the intellect and the pa...

Thu, November 8 at 7:30 PM - Centennial Hall



DANCE

MARTHA GRAHAM DANCE COMPANY
 The EVE Project

The Martha Graham Dance Company is known as the oldest and most celebrated dance company in America. In celebration of the Centenary of American Women's Right to Vote in 2010, the Graham Company has created *The EVE Project*. The Graham Company is dedicated to exploring...

November 14-18 - Stevie Eller Dance Theatre



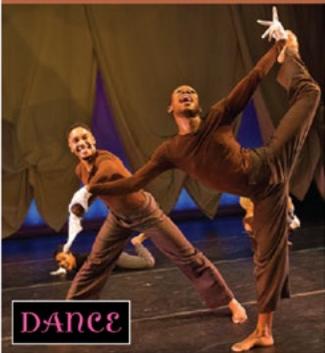
DANCE

UA DANCE PREMIUM BLEND

This year's Premium Blend concert will feature up to the kind of diverse repertoire you expect in a UA Dance concert.

Wed, at 7:30

Thu, February 21 at 7:30pm - Centennial Hall



DANCE

"...one heck of a show..." - The Herald Sun

CAMILLE A. BROWN & DANCERS
 Mr. TOL E. RAnCE

Through comedy, animation, theatre, soul-stirring live music by Scott Patterson, and poignantly retrospective dance, Mr. TOL E. RAnCE speaks to the issue of tolerance - how much Black performers had to tolerate - and addresses the forms of modern day minstrelsy we tolerate today.

Wed, March 27 at 7:30pm - Centennial Hall



DANCE

"...utterly transfixing!" - Billboard

COMPLEXIONS CONTEMPORARY BALLET
 Stardust, from Bach to Bowie

Combining precision, power and passion, Complexions Contemporary Ballet transcends tradition in a ground-breaking mix of styles ranging from ballet to hip-hop. *Stardust, from Bach to Bowie* includes a tribute to the life and music of David Bowie, full of glitter and glam.

Sun, April 28 at 3:00pm - Centennial Hall

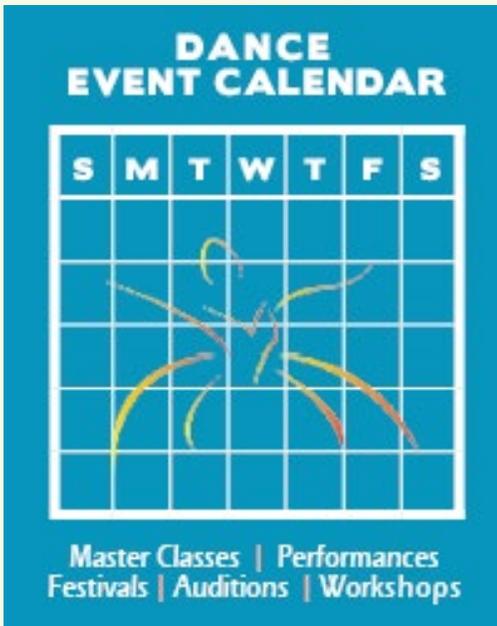


Family

"...spectacular" - The Boston Globe

CHE MALAMBO

The powerhouse all-male Argentinian company Che Malambo thrills audiences with a dynamic blend of precision footwork, rhythmic stomping, drumming and song that originated in the 17th century in the South American pampas.



The **Arizona Dance Coalition** provides an online calendar of dance events: performances, master classes, workshops, festivals and auditions.

<https://www.azdancecoalition.org/calendar/>

Events are created by ADC members (individuals, organizations/dance companies, and venues). Check for last minute additions or changes. Just click on the image at the left or the link above.

Fill 'your calendar' with dance events!

"To sing well and to dance well is to be well-educated."

—Plato

**September ISSUE
SUBMISSION
DEADLINE**

Arizona Dance e-Star

August 25

Send news to:

Krystyna@AzDanceCoalition.org

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 Festivals. Keep Arizonans informed! Dance thrives in Arizona.

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.

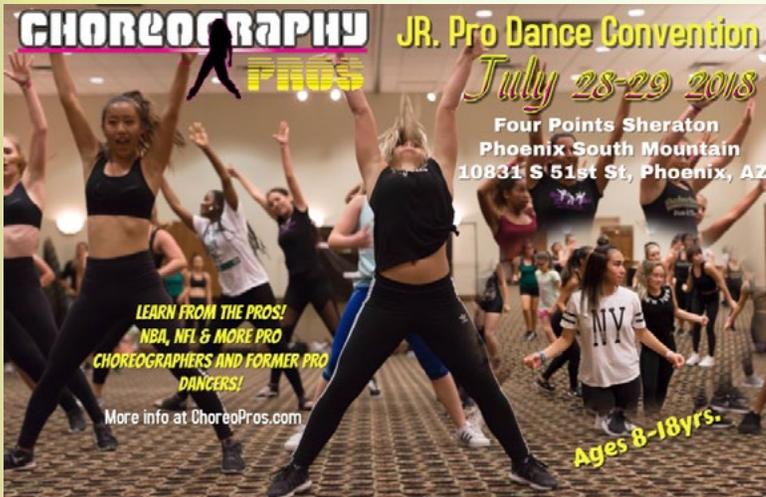
SUMMER INTENSIVES / WORKSHOPS

EPIK Dance collaborates with Choreography Pro July 5, Thursday, 8:30-10 pm. Mesa Arts Center (2nd Floor Dance Room), One E Main St, Mesa. *Lorenzo Hanna* and *Katerina Troitskaya* (Moscow, Russia | Kazan, Tatarstan) teach **DANCEHALL FUNK**. Lorenzo "Zagga Zo" Hanna is now internationally known, but was first introduced to dance at a young age at social gatherings with his family. While growing up in South Florida, Lorenzo embraced his Caribbean roots while performing and competing at dancehall clubs for many years. After winning several dancehall competitions and dancing next to some of the best dancehall dancers from Jamaica and Florida, Lorenzo decided to take his love for dance to the next level. www.DancehallFunk2k.com. \$20 at the door.

July 7 or 8, Saturday or Sunday. Hilton Scottsdale Resort & Villas, 6333 N Scottsdale Rd, Scottsdale. **Choreography Pros Dance Team Convention.** With more than 20 years of professional sports game entertainment and operations experience, we specialize in providing game ready, entertaining & diverse Pro Sports dance team choreography by a variety of experienced choreographers and game entertainment professionals! Convention includes your choice of 10 different choreographers that have both danced and choreographed for pro dance teams ~ jazz, hip hop, funk, country, Bollywood and more and 10 out of 30 classes of pro dance intensive.

JAZZ, HIP HOP, FUNK, COUNTRY,
BOLLYWOOD & MORE

College dance teams and individual dancers (not yet on a team) 18+yrs! \$325/person (dancers and director/coach). Registration check-in Friday 5-7 pm and 7 am Saturday or Sunday morning. Need an invoice, please contact VickyHarris@choreographypros.net | <https://www.choreopros.com/>



July 28-29, Saturday-Sunday. Four Points Sheraton, Phoenix South Mountain, 10831 S 51st St, Phoenix. **Choreography Pros presents Jr. Pro Dance Convention** for dancers ages 8-18. Registration 8 am, classes 8:30 am-4:45 pm. Learn six routines in 1 day 1/2 and use for your audition, dance studio, or school dance team performances or just for fun! \$100/dancer ages 8-18 (advanced level). Parent/coach/dance teacher observer band \$25.

GCU SUMMER DANCE INTENSIVE OVERNIGHT CAMP JULY 9-13



Dance students are invited to a week-long overnight camp at Grand Canyon University, 3300 W Camelback Rd, Phoenix! Come develop your skills through instruction with fellow dancers. All classes are taught by distinguished dance faculty and guests, assisted by teacher candidates from GCU's Dance Department. Male and female dancers ages 14 to 24 years are invited and must have two consecutive years of dance study. At the conclusion of the camp, family and friends are invited to a dance performance presented by students on Friday, July 13 at 4 pm in Thunderground. Courses include:

*Jazz | Ballet | Contemporary | Hip Hop | Flamenco | West African | Composition
Health for the Dancer (Pilates, Yoga, Conditioning, Nutrition)*

Students Graduating in Spring 2018 or Later* | Before June 15: \$300; After June 15: \$325
Students Who Graduated Prior to Spring 2018* | Before June 15: \$225; After June 15: \$250

Questions? Contact the Director of Dance, Susannah Keita at 602-639-6295 or susannah.keita@gcu.edu. Or visit <http://events.gcu.edu/event/summer-dance-intensive/> for details.

Dance Fusion, 7601 E Gray Rd, Suite B-C, Scottsdale, has one more summer workshop with **Kelly Bender of Divine Chaos Tribal Fusion**, Saturday, 1-3:30 pm, **July 14** ~ Khalibali from Padmaavati. Learn beautiful traditional choreography from a Bollywood Master. Workshop is open to ages 12-adult, \$25. Call 480-625-3900 NOW to register or visit www.dancefusionaz.com/events. Dance Fusion, 7601 E Gray Rd, Suite B-C, Scottsdale.



Motion Picture: Padmaavati

**July 9-13 DANCE FUSION YOUTH ACADEMY MUSICAL THEATER CAMP
ANNIE with Karen Burns & JAZZ with Beverly Pinkerton**



Dance Fusion, 7601 E Gray Rd, Suite B-C, Scottsdale. Dance Fusion Youth Academy presents two opportunities for summer fun with 'stars' of screen and stage!

- Noon-1:30 pm JAZZ with Beverly Pinkerton
- 2-4:30 pm 'Annie' Camp with Karen Burns, a former Rockette and star of TV, film, and stage!

Ages 8-12 are welcome and you can enroll in one or both at a discounted rate.

Fees: Annie Camp \$275/week. Add Jazz for \$70 for a total of \$345. Additional discounts: 10% discount for first sibling, 30% discount for the second sibling.

Register NOW at www.dancefusionyouthacademy.com/register, or call 480-625-3900.

AUDITIONS



The **Rodeo City Wreckettes**, Tucson, are looking for some senior tap dancers, (No, we didn't lose them!) We rehearse near Sunrise and Kolb Roads on Tuesday and Thursday mornings. Auditions will be arranged privately. Call Carol at 520 760-1883.

Phoenix ~ Desert Dance Theatre

and **Step's Junk Funk** are holding auditions for their 2018-2019 performances. Modern dancers and dancing percussionists are needed and auditions are free. RSVP required: Lisa@DesertDanceTheatre.org or CALL/TEXT 602-740-9616. Class auditions are held on Wednesdays 6-8:30 pm, and Saturdays 1-3:30 pm, at Dance Theater West, 3925 E Indian School Rd, Phoenix. Rehearsals begin July 7, and take place on Mondays & Wednesdays 6-9 pm, Saturdays 1-4 pm. Dancers must have flexible schedules, be versatile and have performance experience. Ballet, jazz, and other dance and performing arts disciplines a plus. Must be responsible with reliable transportation.



ARIZONA DANCE FESTIVAL 2018

SUBMISSION DEADLINE: July 20, 2018

Performances October 18-21, Thursday-Sunday
Tempe Center for the Arts

The **Arizona Dance Festival** is open to individuals and emerging artist groups as well as professional companies from all genres and styles of dance. Applicant's works will be adjudicated by a diverse panel of highly knowledgeable judges and up to 15 dance slots per show will be selected. Submit **Application Form**. \$25 non-refundable application fee (\$10 per additional pieces). We are anticipating an exciting program this upcoming season and hope you can participate. Questions? Contact: Lisa@DesertDanceTheatre.org or www.DesertDanceTheatre.org. <http://desertdancetheatre.org/arizona-dance-festival-2018/>

The audition Video / Link must be the work that you are planning to show that has not been seen in any major Metro-Phoenix venues within 1 month prior to the show dates or a work that is representative of your repertory.

Studio Showcase – Performers must sign a letter of agreement and pay a participation fee per dance of \$50 (solo), \$75 (duet), \$100 (3-5 dancers), or \$150 (6 or more dancers). Each dance may not exceed 10 minutes (no exceptions). This fee will go towards facility, production, publicity and other expenses.

Site Specific Performances – This is a new addition to the festival that gives dancers an alternative performance opportunity in the outdoor areas around the Tempe Center for the Arts. Each dance may not exceed 5 minutes (no exceptions). Performers must sign a letter of agreement and pay a participation fee per dance of \$25. This fee will go towards expenses for publicity and technical staff with audio and lighting equipment.

Photo of Lisa R Chow by Ron Brewer





6th Annual WEST VALLEY ISLAND CULTURAL FESTIVAL
October 27, Saturday, noon - 8 pm, Surprise

CALL FOR ARTISTS | SPONSORS

Multi-cultural event celebrating music and dance is looking for dancers from all cultures to participate. Sponsorship opportunities are available for businesses that would like to connect their brand to the festival. For more information on sponsorship packages, please email sponsors@wvislandculturalfest.com. For inquiries contact founder/director Kumu Kalena: info@wvislandculturalfest.com, 623-255-8491. A portion of the proceeds benefit the Boys & Girls Clubs of Metro Phoenix. Leading up to the Festival are these dance workshops.

Pre-Festival Dance Workshops with *Kuma Kalena*, Phoenix Center for the Arts, 1202 N 3rd St, Phoenix. Questions? info@wvislandculturalfest.com | 623-255-8491



August 4, Saturday, 1-2 pm. Introductory Hawaiian Hula dance lesson. Students will learn the basic foot and hand motions. Learn the difference between Hula Kahiko (Ancient Hula) and Hula Auana, (Modern Hula). Dress: Pa'u skirt (for females) and/or wear comfortable clothing. For boys and girls. All ages welcome! \$15

September 15, Saturday, 1-2 pm. Ori Tahiti (Tahitian dance) Pre-Festival Dance Workshop

The most energetic of all the Polynesian dances and widely known for very fast hip movements. (Remember the dancer during the Hawaii 5-0 theme song and credits.) Emphasis is on hip isolation. Instruction includes strength and stamina training. Learn the difference between Otea and Aparima. Dress: A pareo or scarf for the hips, wear comfortable clothing. For girls and boys. All ages welcome! \$15



About *Kumu Kalena*: Kalena has been dancing since childhood. She has choreographed original works and developed the dance company into an award-winning ensemble. Kalena teaches the following dances: Hawaiian (Ancient and Modern), Tahitian, Fijian, Tongan, Maori New Zealand, and Samoan. In addition to dance classes, she conducts Tahitian drumming and Samoan fire and knife dance seminars. Kumu Kalena is Artistic Director of Tropical Polynesian Productions and Festival Director for the **West Valley Island Cultural Festival**.

ARTS EDUCATION SUMMER INTENSIVE**K-12 Arts Educators & Teaching Artists****July 20, Friday, 10 am - 2 pm**

Alice Cooper's Solid Rock Teen Center, 13625 N 32nd St, Phoenix

The *Arizona Department of Education* is excited to announce its first summer intensive workshop in partnership with *Alice Cooper's Solid Rock Teen Center!*

FREE! Lunch & Certificates of Completion will be provided!

Sharpen your skills, explore creative youth development, build community arts organization partnerships, and create collaborative networking relationships with other schools.

We will ignite our energy for the 2018-19 school-year!

Master Class with Hodgie Jo

Hodgie Jo has been in the arts and entertainment industry for over 25 years. He has worked from coast to coast and internationally, choreographing, performing and producing numerous events with various celebrities and organizations. Hodgie is the Dance Performing Director at Alice Cooper's The Rock teen center, Choreographer for the Phoenix Boys Choir and Dance Instructor at Bricks Studio. He is deeply committed to improving lives through the arts.



Register | space is limited: <https://bit.ly/2IPcKQf>

Subscribe to ArtsEd blog >> <http://www.azed.gov/artseducation/arts-ed-blog/>



Conditioning 'on the Go!'

Effective stabilization exercises you can do anywhere!

Whether you're traveling while performing, training, or just for fun, many dancers have their 'go to' stretches, but often struggle on what to do to maintain trunk stability and strength. *Dr. Alexis Sams*, PT, owner of **AZ Dance Medicine Specialists**, provides us with simple, effective exercises you can do anywhere to keep strong for performing your best. No heavy equipment needed!

Photographer: Carla Leon, RoaringSteps Photography | Dancer: Molly Campbell



SIDE PLANK

Good for trunk and hip stabilization, especially standing on one leg.

How to do it: Keep feet stacked on top of each other with flexed feet as shown. Raise body to create a straight line from the middle of the head to the feet. Hold up to counts, then lower to the ground and rest 8 counts. Perform on both sides.

Recommended reps: up to 16 on each side for 16 counts before progressing.

Progression: Add functional dance positions such as parallel or rotated retiré or développé with the top leg. Use 8 counts to establish the position, 4 counts to hold it, and 4 counts to return and rest.



FIRE HYDRANT

Good for trunk, hip, and shoulder stability.

How to do it: Position yourself on hands and knees, keeping thighs and shoulders parallel to each other and perpendicular to the floor. Release one leg up toward the ceiling. Avoid twisting in the trunk, sitting into the supporting leg, or arching of the back. Hold for 2 counts, then return and rest 2 counts.

Recommended reps: up to 32 on each side before progressing.

Progression: Extended the working leg and lift up, keeping it straight. Release the opposite arm to the side while the working leg lifts, keeping it parallel to the floor. Apply a resistance band around the thighs.

continued on the next page



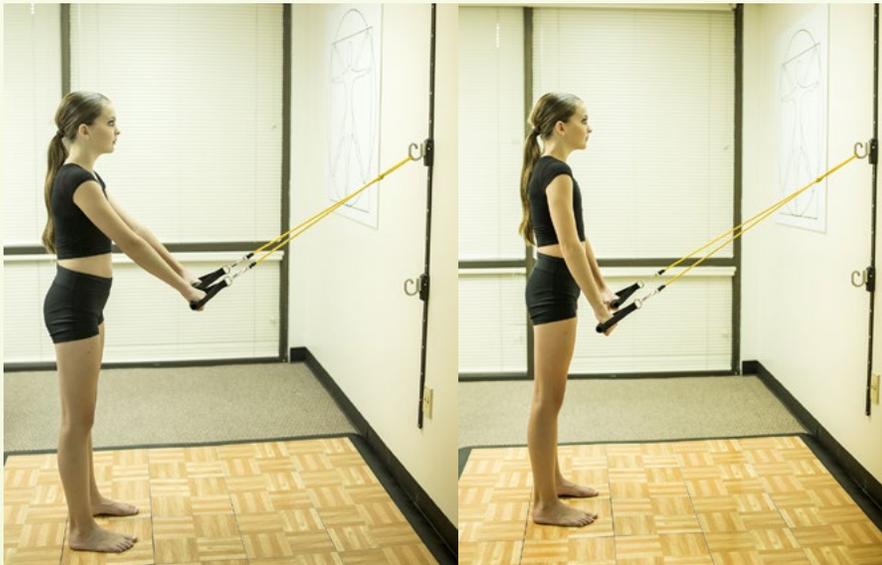
ÉLEVÉS WITH INTERNAL ROTATION

Good for maximizing ankle stability.

How to do it: Starting in a parallel position, turn hips and feet inward, creating a pigeon-toed stance. Maintain the stance and rise onto the toes, just like an élevé. Keep your weight across the entire ball of the foot; avoid sickling out onto the smaller toes.

Recommended reps: up to 32 on both legs before progressing.

Progression: perform single leg, or holding with one hand to the barre.



BILATERAL ARM PULL

Good for trunk stability, balance training.

How to do it: Keeping your weight on the balls of your feet, distance yourself from your anchor so that your arms and the band are straight. Pull with both arms together until they reach the sides of your thighs. Avoid bending forward at the hip or bending the elbows. A moderate

contraction of all abdominal and back muscles should be felt. Complete your pull in 2 counts, hold pull 4 counts, and release/rest for 2 counts.

Recommended reps: up to 16 reps before progressing.

Progression: Add functional dance positions such as: first and fourth position, demi or grand plié, parallel or rotated retiré, élevé or sous-sus. You can ever perform them on rotation discs.

continued on the next page

EXTERNAL ROTATION ON DISCS

Good for strengthening and controlling external rotation (a.k.a. turnout) of the hips.



How to do it: Start with feet in a parallel first position with weight over the balls of the feet. Rotate both legs evenly and smoothly to their maximal position and hold 4 counts. Avoid arching in the back, rolling in at the feet/ankles or scooting one leg at a time to achieve more rotation.

Recommended reps: up to 16 reps before progressing
Progression: Perform with arms off the barre, perform in fourth position, perform on one leg.

BANDED PARALLEL SQUAT

Good for trunk, hip, knee and ankle stability.



How to do it: Start with feet in a parallel first position with weight over the balls of the feet. Descend through demi plie into grand plié, maintaining a parallel position of the ankles, knees, and hips. Maintain an upright trunk and avoid arching in the low back. Maintain a smooth and controlled descent and ascent with each repetition.

Recommended reps: up to 24 before progressing

Progression: perform in a parallel lunge, vary resistance bands.



Contributor: Dr. Alexis Sams, PT, is the owner of AZ Dance Medicine Specialists in Phoenix. With more than ten years of physical therapy experience and 20 years experience as a dance instructor and choreographer, Dr. Sams opened AZDM in 2014 to address the wellness needs of performing artists. AZDM provides injury prevention and physical therapy services, wellness screenings and education, and rehearsal coaching to dance students, professional dancers and instructors around the world. To learn more about AZDM or request a service, visit www.azdancemed.com.



Equipment used in this article may be purchased at: <https://amzn.to/2KvNWCH>



TICKET EXCHANGE

**Exchange Performance Tickets
Grow Your Audience & See Other Shows**

Support
ADC's
'performance'
community.
Complete the survey
so we can determine
your interest.

The **Arizona Dance Coalition** has instituted a new program for its members—a 'performance' Ticket Exchange. Too often we would love to go to see another dance company's performance, a choreographer's new work, or our colleague's debut with a new company. Holding us back are our meager budgets. Some dancers rehearse and perform for an honorarium, minimum wage, or for free. Some instructors trade for free classes. There are many scenarios like this. Dancers would love to go see a dance show, but have no money. And the one complaint heard often is that we don't support each other's dance programs. This 'Ticket Exchange' program is ADC's contribution to helping us support our dance community. *ADC members have been given a link to complete a survey and four companies are in the process of conducting the first exchange!* Thank you ADC Director *Shannon Dooling-Cain* for connecting our companies/producers. Also, thank you to ADC members who are offering discounts and free events to our members:

ASU Gammage, Ballet Arizona, CONDER/dance, Desert Dance Theatre, Del E Webb Center for the Performing Arts, MAC & Company, Phoenix Ballet, Scottsdale Center for the Performing Arts, Tucson Tango Festival and UA Presents.

NEW MISSION STATEMENT

The **Arizona Dance Coalition** has also crafted a new *mission statement*. We have been in existence since 2006, have experienced many years of work and service, and are ready to move forward with an updated mission statement:

The Arizona Dance Coalition is a nonprofit, 501(c)(3) membership-based organization. We work to connect and support the statewide dance communities through our website content, communications, and sponsorship of educational dance conferences and master classes. Through our monthly publication, scholarships, and sponsorship of educational dance events, we inform, educate, and promote dance arts and their benefits to the general public.

ADC Member Announcements



AzDEO's **College Connections Expo**

Saturday, September 15, 8 am-3:30 pm, Audition 3:45-4:30 pm

Registration Deadline September 8

Estrella Mountain Community College, 3000 N Dysart Rd, Avondale

This **College Connections Expo** is an opportunity for students to connect and learn about dance education opportunities in higher education institutions. It's also a great opportunity for those institutions to market their programs and recruit students. Community college students can learn about transferring to a four-year institution as well. A scholarship audition class will take place from 3:45-4:30 pm for those seniors planning to study dance in college. Audition fee \$5. Email Lynn Monson at lmonson@cox.net for an application. \$10 per higher ed institution/individual students. \$50 groups of 7 students from one school or studio. To register go to www.azdeo.org, College Connections Expo.

BALLET ARIZONA

Ballet Arizona ~ *Subscribe now and save up to 35%.*

Immerse yourself in a well-rounded, groundbreaking year of ballet! You'll experience the world premiere of The Firebird, a completely brand new ballet by Artistic Director Ib Andersen. At an earlier spot in the season, you'll enjoy contemporary choreography; including one of today's most talked about new choreographers in New Moves. You'll see the Arizona premiere of Emeralds, the first act of George Balanchine's celebrated work Jewels. With all of these new and exciting experiences to have, this season is one not to be missed! Call the Box Office at 502-381-1096 to subscribe or stop in Monday through Friday 12-5:30 pm, 2835 E Washington St, Phoenix. <http://balletaz.org/next-season-performances/>

September 27-30, New Moves, at the Orpheum Theatre

October 25-28, The Sleeping Beauty, with The Phoenix Symphony at Symphony Hall

December 13-24, The Nutcracker, with The Phoenix Symphony at Symphony Hall

February 14-17, The Firebird & La Sylphide, with The Phoenix Symphony at Symphony Hall

May 2-5, All Balanchine, at Symphony Hall

May 14-June 1, An Evening At The Garden, at Desert Botanical Garden

Studio Spotlights TBA, Dorrance Theatre



GPA Southern Arizona Chapter invites you to attend their upcoming meetings with presenters that will help insure the success of your grants.
www.grantprofessionals.org/arizonasouthernchapter
gpasouthernazchapter@gmail.com

AUGUST 21, Tuesday, 9-10 am >> STORYTELLING, STATISTICS, AND SOCKS

with *Frank Velásquez, Jr.*, Executive Director, JobPath, Inc.

Anyone who has written a grant knows that familiar feeling of dread. Unfortunately, it will always be a mandatory means to an end, which is ultimately to secure grant funding. However, you can flip the script and make it an enjoyable process! Grant writing is your opportunity to tell your organization's story in a manner that effectively moves, inspires, and ultimately allows the grant reviewer to emotionally connect and invest in your organization. This workshop demonstrates how to use the elements of story arc and balance them with statistics when writing a grant proposal. These techniques will improve your grant writing skills and enhance your overall message. Habitat for Humanity, 3501 N Mountain Ave, Tucson. Free for GPA Members / \$25 non-members

SEPTEMBER 18, Tuesday, 9-10:30 am >> GRANT WIN RATES with *Dr. Beverly Browning*

Certified Strategic Planning Facilitator (CSPF), Approved Training Provider for GPA and CFRE International, Compression Planning Institute Graduate (September 2018)

For decades, I used the term *win rate* when referring to my clients' grant award rates for the funding proposals and applications that I wrote for them (in part or total). The numbers used to calculate my annual and lifetime win rates were real and documented at an average rate of 90%. I kept copious annual tables of grant requests written versus grants requests won including the names of clients, the amount of the grant awards, and the awarding funders. However, in the past few years, there has been a rumbling among my grants industry colleagues about what truly constitutes a *win rate* and the urgency to stop using this term. In this presentation, I will discuss the reason the term *win rate* was used with potential clients and employers. I'll also discuss the grant industry's viewpoint on using the term *win rate*. Most importantly, I'll provide robust discussion on the bigger picture that encompasses our hard work behind the scenes and why the term *win rate* does not reflect or represent our professional dossier in the grants industry. Community Food Bank, Tucson. Free for GPA Members, \$25 non-members

Dr. Beverly A. Browning, MPA, DBA, CSPF, has been consulting in the areas of grant writing, RFP responses, technical writing, and organizational development for over four decades. Her clients have included small businesses, career, volunteer and combination fire departments; chambers of commerce, faith-based organizations, and units of government including; state and federal government agencies, school districts, and colleges; charter schools, social and human service agencies, hospitals, service associations, and Fortune 500 corporations. Dr. Browning has assisted clients and workshop participants throughout the U.S. in receiving awards of more than \$500 million. Dr. Browning is the author of 43 grants-related publications, including six editions (over 1 million books sold) of Grant Writing For Dummies™ (Wiley.com). She is also an international trainer and keynote speaker. In 2015, she was selected by the Centers for Disease Control NICRD division to conduct a five-day Grant Writing Boot Camp in South Africa for ministers of health and other top-level health directors from 23 African countries. Dr. Browning holds graduate and post-graduate degrees in Organizational Development, Public and Business Administration. She has been a grant writing course developer and online facilitator for Cengage Learning (www.ed2go.com) for 17 years. Her online courses (taught to thousands of students annually) are Advanced Proposal Writing, Becoming a Grant Writing Consultant, and A to Z Grant Writing: Part 2 – Beyond the Basics. Dr. Browning is Founder and Director of the Grant Writing Training FDN. She was a 17-year member of the Grant Professionals Assn (GPA) until August 2018 and has presented training workshops and keynote presentations for multiple GPA chapters U.S.-wide. In 2017, Dr. Browning joined the Assn of Fundraising Professionals (AFP) and was a workshop presenter at their 2018 International Conference in New Orleans.



Photo of the Month | July
Breanne Wilson, UofA Dance graduate
Photo by Tarzan Dan TDFoto.ca



Photo of the Month | August
Ballet Tucson's Megan Steffens and Vasily Boldin
Photo by Ed Flores

Arizona Dance e-Star Editor/Designer/Writer: Krystyna Parafinczuk
Contributors: Ed Flores, Dan Freeman, Dr. Alexis Sams



Partner dancing often (3X week) reduces the risk of dementia by 76%. Visit the ADC [Resources page \(Dance Articles\)](#) to learn more about the benefits of dancing! Let's live healthier, longer lives!

ADVERTISING in the monthly *Arizona Dance e-Star*

- *Rates are Affordable*
- *Discounted for ADC Members*

Reach your audience with your own graphics.

Readers are interested in dance, are in the professional dance business or students, and are interested in what you have to say or offer!

*For more information, email
Krystyna@AzDanceCoalition.org
or call 520-743-1349*



**SUNDAYS, 10 am-2 pm, Injury Screening & Fitness Assessment | @azdancemed | 602-730-4159
10210 N 32nd St, #201, Phoenix (51 & Shea)**



The **Arizona Dance Coalition** website has a new look — a facelift! While most information remains the same, we've added a **Photo Gallery** and reworked the home page making it easier for viewers to locate the **Calendar**, **Classes**, and the **Arizona Dance e-Star Publication** pages. The WordPress theme is **Lambada!**

Take a look > www.AzDanceCoalition.org

July 13, Friday, 7 pm. Phoenix Center for the Arts, 3rd St Theater, 1202 N 3rd St, Phoenix. **ClassicalFusionDance** presents **The Price of Fame**, where dancers portray five fictional celebrities in the Golden Age of Hollywood. Join them on their journey through the highs and lows of being famous. Watch how infidelity, drug abuse, alcoholism, egotism, persona, lack of self confidence, and even time can take its toll. Tickets \$13 + fees | Ticketbud.

Southern Arizona ANNOUNCEMENTS & EVENTS

Congrats!

Congratulations to Tucson's **DropDance Fam 'megacrew'**! They were one of 10 teams selected to compete at the **Arena Dance Competition** in Los Angeles.

Previously, it was only held in China and Singapore. Drop Fam has won a gold medal among American 'megacrew' teams at the Hip Hop International competition twice in the last three years. **The DropDance Studio**, 716 E 46th St, Tucson, is owned and managed by *Ruben Dorame*, where he teaches and choreographs for this winning crew! Read [Tucson.com's](#) article [here](#).



Walden Grove "PAC" High School Dance Team (Sahuarita) will perform on **America's Got Talent** on **Tuesday, July 10, 7 pm, on KVOA**. They became famous for their hip version of *Wizard of Oz* which has more than 2.8 million views on YouTube. **Good Morning America** shared the clip on TV during Halloween last year and the clip went viral. The team is lead by *Kristi Lopez*, daughter of Hall of Fame

Arizona baseball coach Andy Lopez. If you haven't seen the clip yet, here's the link: <https://youtu.be/y2horVdXz70>

CREATIVE DANCE & IMPROVISATION SUMMER INTENSIVE

Mettler Studios' Creative Dance Teacher Training, July 9-21, Creative Dance Center, Tucson. Mary Ann Brehm and Griff Goehring co-teach this intensive workshops for Mettler Studios. Please join us for full immersion into the Barbara Mettler's kinesthetic approach to dance as the art of body movement with creative studies builds to group dance improvisation. The study includes discussions on the principles of the work and how it can be applied in many settings. Generous tuition and housing assistance is available for students who participate in our Follow up Mentoring Program of using the material throughout the coming year. www.mettler2018.blogspot.com, mabdance@aol.com or griff@createdancecenter.org. Registration: www.barbaramettler.org

SOCIAL DANCE NEWS

Flagstaff ~ Flagstaff Latin Dance Collective meets every Sunday with a dance lesson from 7-8 pm, followed by open dancing until 10 pm. Tranzend Studio, 417 W Santa Fe Ave, Flagstaff. \$10/\$8 students. www.latindancecollective.com.

Check out the calendar at www.flagstaffdance.com
for all the dance events in Northern Arizona

Flagstaff Friends of Traditional Music Contra Dances occur on the first Saturday of each month at the Mountain Charter School located by Ponderosa Trails Park off Lake Mary Road, 311 W Cattle Drive Trail, Flagstaff. Newcomer's lesson at 7 pm, dance 7:30 -10:30 pm. Member donation \$9, non-member \$10. Inquire before attending in case there is a rare schedule change. flagstaffcontradances@gmail.com; <http://ffotm.org/contra-dances/>

Mesa ~ Saturdays, 7-11 pm. The Kats Korner (entrance in the back), 446 E Broadway Rd, Mesa. **The Kats Korner Swing Dance** with a beginner's East Coast Swing lesson at 7:15 pm. \$8, \$6 with student ID). www.thekatskorner.com

Mondays, 7:30-8:15 pm Lindy Hop lesson, dancing until 11 pm, \$7. **Hepkats Swing Dance** at the Women's Club of Mesa, 200 N MacDonald, Mesa. Home to *Gypsy Jitterbugs* all girls swing dance troupe run by *Karen Vizzard Hopkins*. They rehearse Mondays from 6-7:30 pm.

Phoenix ~ Phoenix Traditional Music and Dance promotes Community Contra Dances in downtown Phoenix twice a month. Live band. All ages welcome; no partner required. 30-minute introductory lesson. \$10 door, \$5 for those 25 and younger. Visit <http://www.phxtmd.org/> or email webmaster@phxtmd.org or call 480-893-3328. Cash/Check only.

Prescott ~ Prescott Dance Club, 2nd & 4th Saturday, 6:30 pm lesson, followed by open dancing at Summer's Dance Works, 805 Miller Valley Rd, \$5 members, \$10 nonmembers. 602-616-0917, <http://www.prescottdanceclub.com>.

Tempe ~ 2nd & 4th Tuesdays, 7-8:15 pm. NRG Ballroom, 101, 931 E Elliot Rd, Tempe. FREE **Youth West Coast Swing Dancing** for beginners ages 10-17. More info: LetsSwingAZ.com

SOUTHERN ARIZONA



Green Valley ~ GVR Argentine Tango Club presents two events in Green Valley at different locations. If you have questions, contact DJ Chuck, at 520-625-3488, <https://www.saztango.info>, or on [Facebook](#).

continued on the next page

SOCIAL DANCE NEWS

Green Valley 2nd Saturday Milonga / July 14, Saturday, 6:30-9:30 pm. Las Campanas Social Center, 565 W Belltower Dr, Green Valley. Please join us for great music, a friendly atmosphere, and the largest and best floors in Southern Arizona. \$10, BYOB and snacks to share. Hope to see everyone then. All GVR members, authorized guests and general public welcome. Green Valley is 30 minutes south of Tucson off of I19.

Green Valley Sunday Afternoon Practilonga! / July 29, Sunday, 3-6 pm. Santa Rita Springs Anza Room, 921 W Via Rio Fuerte, Green Valley. What a Practilonga? It's an informal afternoon milonga in a relaxed, friendly atmosphere with a large floor for everyone to perfect new dance skills, and for beginners to practice dance floorcraft. It is not a guided practica or a venue for lessons. \$5 per person, BYOB and snacks to share. Everyone is welcome.



Tucson ~ TUCSON CONTRA DANCE on Saturdays / For young, old, beginners and experienced dancers. Live music and lively fun! Introductory lesson at 6:30 pm, music begins at 7 pm. \$10 suggested donation, \$5 for 25 years and under, \$5 gets you a membership button (show your button and get \$1 off general admission). Cash or check at the door. You do not have to pay for parking in the church parking lot;

ignore the signs about paying. Hosted by ADC member **Tucson Friends of Traditional Music.** www.tftm.org, website@tftm.org, 520-767-6707. Held at First United Methodist Church, 915 E 4th St, Tucson.

- July 7** Out of Kilters with Stuart Moody Calling
- July 21** The Open Band with Seth Levin Calling
- August 4** The Privy Tippers with Claire Zucker Calling
- August 18** The Out of Kilters with JP Calling
- September 1** Marc Rennard Band with Kristen Watts Calling
- September 15** The Jumping Chollas with Suze St John Calling
- September 29** Cat Mountain Rounders with Peg Hesley Calling

Casino, Rueda de Casino, Kizomba, Bachata, and **Salsa** classes and socials are held on Friday nights at the Tucson Creative Dance Center, 3131 N Cherry Ave, Tucson. More here:

<https://www.facebook.com/groups/tucsonsalsa/>

<https://www.facebook.com/TucSonCasineros/>



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 FREE. Gary Millam 928-853-6284 or Bill Pranke 928-814-0157.

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 non-members/ \$4 for both classes

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) 5-7 pm ballroom technique practice, open dancing with instructor *Paul Jack*. \$8, \$7 USA Dance Members, \$5 students. 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

First Friday, 220 N 16th St, Phoenix.

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!

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 * * verify schedules in advance * *

SOUTHERN Arizona

TucsonDanceCalendar.com

for the most up-to-date schedule

2nd & 4th Sundays, 5-9 pm Tucson Sunday Salsa Social hosted by Gerardo & Lupita Armendariz. Beg/Int/Adv lesson/open. \$7, \$10/live band. Dream Dance, 405 E Westmore Rd, Tucson. **NEW LOCATION!!!** tucsonsalsa.com

2nd Friday ~ Tucson Stomps! 7 pm lesson; 7:30-10 pm open dancing. 1st United Methodist Church, 915 E 4th St, Tucson. \$5

Thursdays ~ Tucson Swing Dance Club Dream Dance, 405 E Westmore Rd, Tucson. **NEW LOCATION!!!** 7-7:45 pm

West Coast Swing beginner lesson; 8-8:30 pm intermediate. Open dancing until 10:30 pm. No partner needed. <http://tsdc.net/>

Fridays July-September ~ Brother John's, 1802 N Stone, Tucson. Free Salsa/Bachata lesson with \$5 cover / Zona Libre Band, 8:30-9:30 pm. Open dancing 9:30-12:30 pm. Latin Dance Revolution | 520-444-0439 **NEW**

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

3rd Saturday *USA Dance So Arizona Chapter* presents their Dance, 7-10:30 pm.

4th Saturday *TucsonLindyHop.org* Live music for Lindy Hop & Swing dancers. 7-8 pm beginners lesson, 8-11 pm open dance. \$10 with discounts for students.



Grand Canyon Salsa Festival

has a new date

November 9-11, 2018

www.grandcanyonsalsafestival.org

Guest Artist

Abdul Kamara (De Jay E) from

Albuquerque

When rips, tears and falls kill a dancer's career (or don't)

by *Sarah L. Kaufman*, June 29, *The Washington Post / Lifestyle*

Lauren Post, a corps de ballet member of American Ballet Theatre, caught her foot in the hem of her costume one night and tripped. Just like that, in the middle of a ballet, in front of thousands of spectators at the Metropolitan Opera House, Post found herself in a dancer's lowest circle of hell. She'd torn the anterior cruciate ligament in her knee. Another dancer had to drag her offstage.

Fast-forward a couple of years, and Post is sitting in a movie theater, watching the Jennifer Lawrence thriller "Red Sparrow." She was there mainly to see her best friend, ABT principal Isabella Boylston, who is Lawrence's dance double in the movie. Lawrence starts out a Bolshoi ballerina and ends up a Russian spy/sex worker — all because of a grisly injury onstage. That's the part where Post felt her insides curdle. "Gut-wrenching," she says. "I could barely watch it. It was rough."

For dancers who have suffered catastrophic injuries of their own, the agony of Lawrence's character, Dominika, feels all too real. It takes place in the movie's first few minutes, so it's giving nothing away to say that the calamity cuts short Dominika's dance career. It happens like this: As Dominika is posing for her adoring audience at the climax of a ballet, her dance partner (real-life ballet star and actor Sergei Polunin) comes up behind her in a flying leap and lands on her outstretched leg. Crash, snap, scream ...

But is it plausible?

Injury is part of a dancer's life, as it is for athletes. Yet the kind that means sudden unemployment is rare, given improvements in training and treatment. A dancer who sustains a show-stopping fracture onstage needn't automatically hang up her tights. "Now we can fix almost everything," says New York orthopedist and dance specialist William Hamilton, "except the knee."

That goes for Russian ballerinas, too. In fact, recovery miracles are exemplified by a Russian ballerina: the iron-willed Natalia Makarova.

In 1982, Makarova, who had defected from the Soviet Union in 1970, was starring in the musical "On Your Toes," at the Kennedy Center Opera House, when a piece of scenery equipment fell on her mid-performance, gashing her head and breaking her shoulder blade. The horrified audience heard the ballerina moaning through her body mic before she was rushed to the hospital. Two months later: Makarova was back. She opened the show on Broadway, right on schedule. (She went on to win a Tony for it.)

Accidents happen onstage, and they can be horrifying. “Red Sparrow” isn’t wrong about that. The dramatic smashup in the movie reflects something we don’t often think about when we’re swept up in watching a ballet — the reality that dance can be dangerous.

“We’re not perfect,” says Michele Wiles, a former ABT star. As Wiles learned in 2005, dancer error can have disastrous consequences. She was 25 and making her debut in the title role of the full-length ballet “Sylvia” at the Met. In the first act, as her partner lifted her high above his head, something went awry. He lost control, and they both crashed to the stage. “We fell flat on our faces,” says Wiles, who wouldn’t name the partner out of respect for his feelings.

“There’s no blame. Maybe just a lack of rehearsal.” Somehow they scrambled to their feet and ran offstage. Wiles’s fall from such a height looked so harrowing that colleagues backstage were frantically trying to get her out of her costume so she could see a doctor. But Wiles had other plans. She wasn’t giving up her debut. “I finished the show,” she quips, “and I didn’t become a spy.”

Wiles woke the next morning with little more than a bruised hip. But there were more troubles ahead. The accident happened during an especially high-pressure year, when she was dancing a lot and eventually earned a promotion to principal, the top rank in a ballet company. This came at a cost. By the time “Nutcracker” season rolled around a few months later, Wiles had accumulated a number of physical traumas, including a stress fracture in her lumbar spine, and she was sidelined for six months.

That’s often what can end a career, or take away a chunk of it while a dancer goes through rehab: such long-simmering issues as arthritis, tendinitis and chronic wear-and-tear. The continuous, long-standing ailment is a greater hazard than a single accident.

Robert Weiss, artistic director of Carolina Ballet in Raleigh, was in the audience when Wiles fell in “Sylvia.” He says that what happened to her is a good example of why there aren’t many injuries that kill careers. “You’re in great shape, you’re young, and you’re healthy,” he says, “so you’re able to prevent getting injured from something like that.”

Weiss knows something about the worst onstage injuries, when adrenaline and shock mask all sensations but a popping sound. That’s the sound of a career in jeopardy — the sound of a ruptured Achilles’ tendon. Weiss was a New York City Ballet principal when he heard the pop as he was performing and thought the floorboards had snapped beneath him. When Washington-based modern dancer Alvin Mayes heard the pop, he thought it was a gunshot and wondered whether he’d been hit.

When NYCB principal Jennie Somogyi heard the pop, she thought she’d gotten her legs tangled up with her partner’s. “I looked down and saw both my feet were on the stage,” she says, “but

I had the sensation one was in the air because I couldn't feel the stage. "I lost my hearing, lost my peripheral vision, and I realized I was in shock."

For all three dancers, the snapped tendon derailed their careers. Mayes never danced again professionally. Weiss and Somogyi did, but only after long recoveries.

Weiss's injury is legendary in ballet circles; the snap of his tendon could be heard in the audience. It happened on the opening night of NYCB's fall season in 1978, when co-founder George Balanchine was in the wings watching Weiss and ballerina Merrill Ashley star in one of his newest ballets, "Ballo della Regina." Weiss heard a loud pop during the ballet's finale, as he was skimming across the stage in a tricky series of jumps. "I looked down, and the floor was still there, but I couldn't move anymore," he says. "Balanchine always stood in the first wing of stage right, and he knew what had happened. He motioned me to get off the stage. So I hobbled off." Balanchine got him a stool. Meanwhile, Ashley spun through her steps alone onstage as if nothing was amiss.

"Merrill's as strong as an ox," Weiss says, with admiration. "There's a whole series of supported pirouettes at the end of the ballet, and she did them all by herself. She actually finished the ballet without me." Famed Russian dancer Rudolf Nureyev, a friend of Weiss's, was in the audience, and he rushed backstage. Also racing to help was Hamilton, the orthopedist and a consultant to NYCB.

In those days, a ruptured Achilles was a career-killer. But Weiss was lucky. A Danish doctor who specialized in Achilles repairs among European dancers was visiting Hamilton, and he was in the audience that night, too. Both doctors accompanied Weiss to the hospital, and Hamilton operated on him right away, with the Danish specialist at his side. Dancer recoveries have vastly improved since then, Hamilton says. "There's been a lot of progress in dance medicine. If you fix them right, 90 percent can come back again if they put in the hard work." Weiss was off for a year and a half, then danced for another year before retiring to direct Pennsylvania Ballet.

Like Weiss, Mayes didn't feel pain when he busted his Achilles, but he had a jolt of fear. It was about 15 years ago during a rehearsal at Dance Place, in Northeast Washington, at a time when crime wasn't uncommon in the area. That's why gunfire was the first thought that came to Mayes's mind. After surgery, he continued teaching and eventually saw the injury as a boon. "It helped me learn how to go forward with teaching," he says, "and how to get students to do things that I can't do, in terms of technique."

Before her Achilles rupture, Somogyi had already lost a year of dancing to injury — she'd snapped a different tendon a few years earlier. So for a second time, she went through the nightmare of surgery/rehab/uncertainty and made it back to the stage. Then it happened again: A few months after coming back from the Achilles tear, she was dancing in "Swan Lake"

and heard another loud pop. She knew exactly what it was. “Welcome to my retirement party,” she joked to friends later as she sat in her dressing room with her foot in a bucket of ice. Another surgery, another year off, another slow recovery — but Somogyi came back to the stage a third time. She danced the more dramatic roles, ones without a lot of jumps, and retired a few years later at 38. She now runs a ballet school in Easton, Pa.

The crazy thing is that Somogyi otherwise had a trouble-free career — no tendinitis, bunions or bad hips. “I’ve had less injuries than anyone I’ve worked with,” she says. “I’ve only had three, but they were catastrophic.” And they all happened onstage, something Somogyi laughs about now. “I’m like, can’t it just happen in a rehearsal studio? Does it have to be in front of thousands of people? Well, at least I’m always going for it. I go big!”

What about Post, the ABT ballerina who blew out her ACL onstage? She underwent reconstructive surgery, in which a piece of her hamstring was used to fix the knee. She labored through a grueling rehab schedule that kept her busier than she’d ever been as a dancer. Nine months later, she made it back to the stage. She’s dancing at the Met now, finishing up the spring season there with ABT. Neither her knee nor the partially sacrificed hamstring feel the same as before, she says, but in some ways, she feels stronger, having learned to move with better alignment as part of her recovery.

So in the real world of dance, with its exquisitely trained athletes and ever-improving science, how realistic is the “Red Sparrow” scenario of a ballerina’s career ended by a freak injury? “I guess if he’d landed on her leg with all his weight he could break her bone in a lot of places,” Weiss says. “It is a possibility. It would have to be a lot of circumstances coming together in a bad way.” “Theoretically, you could say, ‘Yeah, it might happen,’” says Hamilton. “But we could fix that now. A bone is easier to fix than a joint.” Leave it to a ballerina to put her finger on the key issue. “Male dancers aren’t very hefty,” says Somogyi, chuckling at the thought, “so I don’t know if they’d be breaking bones.”

To view the original article with accompanying photos, go [here](#).

Sarah Kaufman

Sarah L. Kaufman is the Pulitzer Prize-winning dance critic of The Washington Post and is the author of "The Art of Grace: On Moving Well Through Life." She writes about the arts, entertainment and the union of art and science. Kaufman joined The Washington Post in 1994 after working at the Buffalo News and the Arlington Heights Daily Herald.

PAIN RELIEF PRODUCTS | Young Living Essential Oils

Three times in the past few months I've had some lower back nerve irritation warning me to be careful. I'm pretty mobile, so when my spine goes out, I can be put back easily. But nerve tingling scares me because I have experienced doing almost 'nothing,' reducing me to crawling on the floor, or using my dining room chair as a walker to move around my house.



Being relatively new to [Young Living Essential Oils \(YLEO\)](#) (will be 1 year in August), I remembered I had a remedy at hand worth a try — [Deep Relief Essential Oil](#) blend (YL sends free products monthly as rewards, and this was one). I had my husband apply a few drops (I couldn't reach and do a good enough application) diluted with a few drops of carrier oil (you can use olive, avocado, jojoba, grapeseed or similar oil) to ease spreading. The next day, in all three times, the pain was gone. Yeah! No chiropractor trip! No pain killers. No heating pad. Deep Relief is sold as a roll-on making application easy and no dilution necessary. I am now a fan and just applied 5 drops to my right greater trochanter area. Don't know what I did, but am applying relief!



[PanAway Essential Oil](#) is another oil 'blend' you can apply directly without diluting. Many use it on their neck or shoulders to relieve their day's accumulation of stress! When your shoulders drop, you know it's working. It has a wintergreen (known for relieving pain), clove & peppermint aroma. Create your own 'roll-on' adding anywhere from 3-10 drops of PanAway EO with a carrier oil (fractionated coconut oil is great) in a 10 ml bottle (available on Amazon), and apply when needed. Keep it in your bag for quick access.



[Cool Azul Essential Oil Blend](#) is for those who need relief from intense workouts/training/injury. In addition to the EO blend, YL offers [Cool Azul Pain Relief Cream](#) ([view video clip](#)) topical analgesic and [Cool Azul Sports Gel](#) (you can keep in the fridge for cooling, recovery, and even soothing skin irritations). Cool Azul also contains peppermint and wintergreen, plus several other oils and natural ingredients to bring relief. No synthetics.



You can learn more about these products by [clicking on their name or image](#). It will take you to their YLEO webpage.



You can order directly from the YL website using my Distributor [#12715383](#).

If you have questions, don't hesitate to call me, [Krystyna Parafinczuk](#), at [520-743-1349](#).

I'm a YL NingXia Red and NingXia NITRO user and these natural products hooked me on this company! Stuff works!

BIZ TALK

BIZ Talk - You are welcome to advertise in the e-Star. If you are interested, please email Krystyna@AzDanceCoalition.org or call 520-743-1349 for rates and sizes.

ADC members receive discounted rates.

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See page 12 for more details

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Mesa: **Wagner Dance Arts**, Dance teacher and Team Choreographer \$15-\$17/hr

Nogales: **A Step Above School of Perf Arts**. Dance Instructors with exp in hip hop, contemporary/lyrical, jazz, adult fitness (aerobics/yoga), and ballroom dancing. Travel exp may be included if you commute 40+ miles. 520-604-2871, wood floors, 1000 sq ft main studio, plus 2nd smaller studio. YPAD certified (Youth Protection Advocates in Dance)

Phoenix: **Dance Sequins Studio**, teachers K-5, and preschool. \$20-\$30, 7 locations

Scottsdale: **USD 48 .6 FTE** Dance Teacher, Chaparral HS / Arcadia HS

Tolleson Union HS: Dance Teacher

Tucson: **Compass High School**, hip hop/modern dance teacher.

Dance Force-1/2 Dance teachers for tap, jazz, hip hop, contemporary. Exp'd and/or pro / recreational & competitive program.

KU Studios, Ballet/Pointe instructor

READERS: If you know of anyone with a dance-related job opening, please send the details to:

Krystyna@AzDanceCoalition.org

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>

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Ahwatukee 24, Chandler
Arrowhead Town Center 14, Peoria
Cinemark Sierra Vista

Surprise Pointe 14 with IMAX
Tucson: Century Tucson, El Con
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SUN NOV 19

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SUN FEB 04

THE FLAMES OF PARIS
SUN MAR 04

GISELLE*
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Arizona Dance Coalition Member Benefits & Perks

The ADC offers *four* types of memberships:

**Individual \$20 • Organization \$50
Venue/Presenter \$100 • Sponsor \$100+**

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 / **Ticket X**
- 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.*
- Discounted **Arizona Dance e-Star** Advertising Rates. Inquire for details.

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

"Join the community and feel welcome."

This is just one quote from many in this wonderful, must-see, video clip. It is the best promo I have ever seen to promote all dance styles. Thank you to Gerardo Armendariz for finding and posting it on facebook. ***It would be great to film something similar in Arizona as well as an "I Charleston" piece to show off our landscape.*** Watch "Why I dance" ... *over and over and over ...* and share it! (click on the link below)

Why I dance... Pourquoi je danse...

This video was created to support the goals of Ontario Dances. Ontario Dances is a program of the Ontario Arts Council (OAC). In 2013, the Ontario Arts Council will celebrate 50 years of support to the hundreds of artists and arts organizations across the province. Among these are the dance organizations, dancers and choreographers who produce and create in Ontario. OAC support helps ensure that dance lovers throughout the province have access to their work.

COOLING TIP

by Krystyna Parafinczuk

The hot summer days are upon us. So whether you are dancing, or not—you are HOT! Just since last summer the market has exploded with 'cooling towels' for runners, joggers, athletes, golfers, workers, farmers and DANCERS! That's us! I purchased the "Your Choice" product because it was an Amazon best seller and a great 'deal of the day!' The towel is made of a high-density cooling mesh fiber which is soft, lightweight, breathable, super absorbent and hyper-evaporative—without chemical composition. It's eco-friendly.

The towel chills instantly simply by soaking, wringing it out and snapping it! It stays cool for several hours and can be reactivated by repeating the process. The body temperature can be reduced up to 30 degrees and also provides UPF 50+ sunscreen protection.



Use as head cover, sweatband, cooling bandana, neck wrap or scarf. It comes with its own mesh travel bag with a carabiner clip to attach to your bag.

\$8.99 black or blue, \$7.99 other colors, size 12"x40".
1 year warranty. Click below for more details and to order:

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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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