

# Dance Resources

In this section, a selected list of resources relating to dance is presented.

To find more resources, you can either browse the range of call numbers in our libraries, or search our [catalogue](#) using the subject headings.

## Choreography and Techniques

Title	Brief	Call number/link	Subject Headings
<a href="#">Street dance : the best moves</a> (Book)	Besides learning the various types of street dance, including B-boy, Popping, Locking, Hip Hop and House - and the basic moves of each of these - you'll get tips on the best tracks to dance to, what clothes to wear to look the part, and be given expert advice from top dancers across the globe.	792.62 HOO -[ART]	Hip-hop dance
<a href="#">"Takes" on theatre dance for dancers of all levels</a> (DVD)	Instructional video on theatre dance for beginners, intermediate and advanced levels. Demonstrates the Savoy Strut, In the Groove and the Vaudeville Charleston.	792.62 TAK -[ART]	Choreography Jazz dance -- Technique Dance -- Technique Instructional films
<a href="#">Bob Rizzo's all that dance with Keith Clifton</a> (DVD)	A dance video that encompasses the best in jazz, ballet, and lyrical. Includes three routines designed for the intermediate and advanced dancer, taught in segments with both front and back views.	792.8 BOB -[ART]	Jazz dance Ballet dancing Dance -- Technique Instructional films Dance films Nonfiction films
<a href="#">Christy Lane's funky freestyle dancing</a> (DVD)	Christy Lane and her dancers demonstrate the latest routines that you can use at home or out on the dance floor.	792.8 CHR -[ART]	Dance Hip-hop Jazz dance
<a href="#">The place of dance : a somatic guide to dancing and dance making</a> (Book)	Written for the general reader as well as for dancers, this workbook integrates experiential anatomy with the process of moving and dancing with a particular focus on the creative journey involved in choreographing, improvising and performing for the stage.	792.8 OLS -[ART]	Dance -- History Dance -- Psychological aspects Somesthesia Senses and sensation Senses and sensation Somesthesia History

<a href="#">Dramatic dance : an actor's approach to dance as a dramatic art</a> (Book)	Dramatic Dance sets a programme for actors to perform dance as part of the drama, offering several approaches which can contribute to developing this understanding, to training this skill, and always ensuring that the whole active and thinking body and mind are fully engaged with the task of making dance an integral and vital part of theatre.	792.8 ROY -[ART]	Dance -- Psychological aspects Drama Movement (Acting)
<a href="#">Dance psychology for artistic and performance excellence</a> (Book)	This book aims to help dancers understand how to use the mental of aspects of dance to their advantage, learn simple techniques to raise their dancing to a new level and refine their technique and overcome performance challenges.	792.8019 TAY -[ART]	Dance -- Psychological aspects Dance -- Social aspects Performing arts -- Social aspects
<a href="#">Dance imagery for technique and performance</a> (Book)	In this revised edition of renowned master teacher Eric Franklin's classic text, Franklin provides hundreds of imagery exercises to refine improvisation, technique and choreography, combining technical expertise with imagery skills to enrich performance.	792.807 FRA -[ART]	Dance -- Study and teaching Improvisation in dance Imagery (Psychology) Choreography -- Study and teaching Exercise
<a href="#">How to street dance. #1, Intermediate</a> (DVD)	Presents instruction in street dance, combining hip hop dance and break dance styles. Moves covered in program: 2 step; 3 step; cannonball; CC; figure 8; half twist; heel toe switch; Russian bounce; shoulder freeze; shuffle step; side walk; thread the needle.	792.807 HOW -[ART]	Break dancing Hip-hop dance Dance Dance films Instructional films Nonfiction films
<a href="#">How to hip hop. #4, Master</a> (DVD)	Learn from clear step by step breakdowns of Hip Hop Dance moves. Pick up style secrets for every move, and follow along at your own pace with slow and fast practice drills!. Moves taught are Air Walk, Dog Jerk, Gangsta Hop, Heel Toe Drag, Ickey Shuffle, Shoe Slap, Side Sweeper, Snake Heel Toe, Sponge Bob and X Hop.	792.807 HOW -[ART]	Hip-hop dance Dance Instructional films Nonfiction films

<p><a href="#">Performance through the dance technique of Lester Horton</a> (Book)</p>	<p>A performance link between the biography of Lester Horton and his Dance Technique. Bradley Shelver explores the training and performance potentials of Horton's Technique. Through his own experiences with dancing and teaching, Shelver explains the benefits and comparisons between the Horton Technique and other dance training tools. With photographs by Torben Rasmussen, the book gives a detailed glimpse of the past and future of the Dance Technique of Lester Horton.</p>	<p>792.8092 SHE -[ART]</p>	<p>Horton, Lester, 1906-1953 Modern dance -- Study and teaching</p>
<p><a href="#">A choreographer's handbook</a> (Book)</p>	<p><i>A Choreographer's Handbook</i> invites the reader to investigate how and why to make a dance performance. In an inspiring and unusually empowering sequence of stories, ideas and paradoxes, internationally renowned dancer, choreographer and teacher Jonathan Burrows explains how it's possible to navigate a course through this complex process. It is a stunning reflection on a personal practice and professional journey, and draws upon five years' of workshop discussions, led by Burrows. Burrows' open and honest prose gives the reader access to a range of exercises, meditations, principles and ideas on choreography that allow artists and dance-makers to find their own aesthetic process. It is a book for anyone interested in making performance, at whatever level and in whichever style.</p>	<p>792.82 BUR -[ART]</p>	<p>Choreography -- Study and teaching</p>
<p><a href="#">Choreography : a basic approach using improvisation</a> (Book)</p>	<p>This fourth edition is replete with new and updated material and tools that will help students develop their skills in each step of the</p>	<p>792.82 MIN -[ART]</p>	<p>Choreography</p>

	choreographic experience, from finding an idea to staging the performance.		
<a href="#">Next level dancer : own the dance floor elite</a> (DVD)	Learn hip hop dance moves with instructor Brian Henninger, including popping, waves, and isolations.	792.82 NEX -[ART]	Hip-hop dance Choreography
<a href="#">Dance Masterclass : ultimate street</a> (DVD)	Filmed at the Pineapple studios in Convent Garden, London, this programme features instruction on Street Jazz. Throughout this programme choreographers Stuart Bishop and Charlotte Stevens combine Hip Hop, Jazz, Locking and Popping to create an ultimate style.	793.33 DAN -[REC]	Hip-hop Jazz dance Modern dance
<a href="#">Street fusion : street jazz and hip hop dance</a> (DVD)	Old school meets the cool with the hottest new moves in urban dance, starting with a warmup and three dance routines taught step-by-step.	793.33 STR -[REC]	Dance -- Study and teaching Hip-hop dance Hip-hop Jazz dance Instructional films

## Wellness

Title	Brief	Call number/link	Subject Headings
<a href="#">Dance medicine in practice : anatomy, injury prevention, training</a> (Book)	<i>Dance Medicine in Practice</i> is the complete physical textbook for dance, written specifically to help dancers understand the anatomy, function and care of their bodies. Specific chapters are devoted to focusing on the spine, pelvis, hips, knees, feet, shoulders and arms. It covers anatomy, common pitfalls, self-analysis, injury prevention, exercises and checklist of dos and don'ts for the best dance technique.	617.10275 SIM -[HEA]	Dancing injuries Dancers -- Health and hygiene Sports medicine
<a href="#">Dancer wellness</a> (Book)	This book will help dancers learn and apply important wellness concepts as presented through the in-depth research conducted by the International Association for Dance Medicine & Science (IADMS) and their experts from around	792.8 DAN -[ART]	Dance Dancers Physical fitness Dance -- Physiological aspects

	the world. It covers 4 primary areas: 1. foundations of dancer wellness; 2. Mental components of dancer wellness; 3. Physical aspects of dancer wellness and 4. Assessments for dancer wellness.		Dance -- Psychological aspects Dancing injuries -- Prevention
<a href="#">Safe dance practice</a> (Book)	In this book, dance professionals, educators and researchers present the guidelines and principles of safe practice essential to any dance experience, taking a holistic and inclusive approach in applying them with respect to environment, anatomy, physiology and psychology.	792.80289 QUI -[ART]	Dance -- Safety measures Dancing injuries -- Prevention Dance -- Physiological aspects

#### Wise words and Inspiration

Title	Brief	Call number/link	Subject Headings
<a href="#">Being a dancer : advice from dancers and choreographers</a> (Book)	How do I get a job as a dancer? Where and when should I train? How can I protect my body from injury? How do I become a choreographer? In this book, some of the best dancers and choreographers in the world across different genres share their advice on what being a dancer means.	792.8 WIN -[ART]	Dance -- Study and teaching Dance -- Vocational guidance

#### Dance in Singapore

Title	Brief	Call number/link	Subject Headings
<a href="#">Diversity (Contact 2012), 30 November 2012, Goodman Arts Centre Black Box</a> (DVD)	"In the Moment..." explores a point of reference of an individual based on the different interactions one has and with whom they interact. We create those moments as we move through time and space... "Accidentally on Purpose" by T.H.E Dance Company is based	RSING 792.8 DIV	Modern dance -- Singapore Filmed dance

	on the same scene, but with different points of view.		
<a href="#">The rite of spring : a people's Stravinsky : 22 June 2013, Esplanade Concert Hall - Theatres on the Bay</a> (DVD)	To mark the centennial year of Stravinsky's iconic work, <i>The Rite of Spring</i> is a first collaboration featuring two Cultural Medallion recipients - Maestro Lim Yu and choreographer Angela Liong. <i>A People's Stravinsky</i> reinterprets the original work with staging that highlights people from the community in dramatic roles. It incorporates the creative energies of the elderly, children, and volunteers from the community with professional dancers and musicians, making it an exciting interdisciplinary and multi-generational artistic endeavor.	RSING 792.8 RIT	Modern dance -- Singapore Filmed dance Nonfiction films
<a href="#">7 dance fictions in an ice room : 15-16 March 2013, School of Arts Studio Theatre</a> (DVD)	Like an ice core that keeps frozen chronicles of climate past, Choreographer Angela Liong creates an ice-room that breeds riddles and jumbled scenes with dream-time characters caught in fractured time space: The constant clacking of a rocking-horse casts spell on a descending angel, forever going down the stairs. A couple looking for the perfect spot to place a table hopes to find a perfect home. A girl on a wooden bed.	RSING 792.8 SEV	Modern dance -- Singapore Climatic changes Filmed dance
<a href="#">Tiger burning : a young people's rock wayang, 1-2 Dec 2007, Esplanade Theatre Studio</a> (DVD)	When an endangered tiger meets its ancient ancestor, sparks fly from the collision of sweet old tunes with urban grooves and techno-beats. Featuring today's funky street dance moves alongside traditional dance elements, what evolves from the dance creation is a modern-day unbeatable Transformer Tiger with a mission to rescue wildlife from the plight of	RSING 792.8 TIG	Modern dance -- Singapore Filmed dance

	urbanisation. Tiger Burning features the debut performance of Project Dance Edge (PDE), a group comprising of children and youths from Beyond Social Services, Boys' Town, Singapore Children's Society and Viriya Community Services. PDE is a year-long dance training programme initiated by ARTS FISSION in partnership with *scape.		
<a href="#">新加坡华人舞蹈拓展者李淑芬 = Singapore Chinese dance pioneer Li Shu Fen BBM 1925-2012</a> (Book)	A biography about Singapore Chinese dance pioneer Li Shu Fen.	RSING 792.8092 CHZ	Li, Shufen, 1925-2012 Dancers -- Singapore Dance -- Singapore
<a href="#">Evolving synergies : celebrating dance in Singapore</a> (Book)	A comprehensive overview of the dance culture of Singapore, this book embodies storytelling, personal reflections, memories, and histories of the artists. The extensive calendar of events encompassing companies and soloists from diverse dance practices, such as Indian, Malay and Chinese and a variety of Western contemporary dances, underline Singapore as a vibrant player in the evolution of Asian culture.	RSING 792.8095957 EVO	Dance -- Singapore Folk dancing -- Singapore
<a href="#">Momentum : 25 years of Singapore Dance Theatre</a> (Book)	A commemorative book celebrating Singapore Dance Theatre's 25 <sup>th</sup> anniversary.	RSING 792.8095957 MOM	Singapore Dance Theatre Ballet -- Singapore
<a href="#">Dance Odyssey : inspiring moments 2010-2014</a> (Book)	A commemorative book on Dance Odyssey's journey and performances between 2010-2014.	RSING 792.8095957 TAN	Odyssey Dance Theater -- History Dance companies -- Singapore Modern dance -- Singapore Modern dance -- Singapore -- Pictorial works
<a href="#">Leap 2013 : Into new frontiers, 19 January 2013 at Goodman Art Centre, Black Box</a>	Experience the passion and energy of the talented young dancers from Frontier Danceland's PULSE Programme as they	RSING 792.842 LEA	Modern dance -- Singapore Filmed dance

(DVD)	celebrate their artistic journey in LEAP 2013 - Into New Frontiers.		
<a href="#">Rainbow palace of the sea a young people environmental dance, 17 November 2012, Drama Centre Black Box</a> (DVD)	The coral reefs are turning white and dying. Human-caused water pollution and global warming are bringing irreversable damages to them. The diverse marine life which dwells in the coral reef colony is also endangered. Who can save the coral reefs? Only the Sea-Dragon Queen has the magic power to stop the catastrophe. But where to find the Rainbow Palace that she lives? Dramatic tableaux of dance, live music performance, and coral inspired art installation remind audience young and old to treasure and pass on our natural heritage.	RSING 792.842 RAI	Modern dance -- Singapore Modern dance music -- Singapore Child dancers -- Singapore Filmed dance
<a href="#">Double bill : White, Blur, 17 Nov 2012, Theatre Studio Esplanade - Theatres on the Bay</a> (DVD)	<i>White</i> - An enemy life devoid of significance and identity was what I feared most of all; a life that is dull, as if a blank of white sheet. Now, instead, I yearn to be like plain white paper, abandoning pursuits, forsaking dreams. Who am I? <i>Blur</i> - Blur is a piece about five people on the island of Singapore. Through the common task of drying their laundry we are privy to discover their lives, their desires and ambitions found within a set amount of space. Moving past traditional boundaries we discover what we blurs them together into one.	RSING 792.845 DOU	Modern dance -- Singapore Filmed ballets
<a href="#">A quest for dance : the life and times of Singapore dance pioneer K.P. Bhaskar</a> (Book)	A biography on Singapore Indian dance pioneer, K. P. Bhaskar.	RSING 793.3192 BHA	Bhaskar, K. P. Indian dancers -- Singapore -- Biography Indian dance -- Singapore
<a href="#">Just dance? [videorecording] : tigers and swans</a>	An art based documentary that celebrates dance in its many forms - classical, modern or	SING 793.33 JUS	Graham, Martha Ballets

(VCD)	<p>traditional. Captures the magic, passion, energy and spirit of dance. Also unravels the social, historical, geographical, and even the political aspects of dance. This episode looks at the world of classical dance and how ballet evolved. In Singapore dancers of all persuasion exhibit a love and passion for this art form and we talk to Cheah Mei Sing and Jamaludin Jalil from the Singapore Dance Theatre and other local personalities involved in ballet and the contemporary dance scene, on what motivated them to enter this rigorous and physically demanding art form.</p>		<p>Ballets -- Singapore          Mpdern dance          Modern dance -- Singapore          Dancers -- Singapore</p>
<p><a href="#">National Online Repository of the Arts (NORA) : Dance</a>          (Website)</p>	<p>A selection of video trailers, digitised photographs and ephemera on Singapore dance.</p>	-	-
<p><a href="#">Neila Sathyalingam, Cultural Medallion Recipient, 1989, Dance : [interview]</a>          (online video)</p>	<p>Neila Sathyalingam was an eminent figure in the Indian classical dance arena in Singapore. She was the founder and artistic director of Apsaras Arts dance company and had been the principal dance teacher and choreographer with People`s Association Indian Dance group for more than twenty years. She was awarded the prestigious Cultural Medallion (Dance) in 1989. In the interview, she describes how she became interested in dancing, her role as a teacher in India and Singapore and also some of her productions.</p>	-	-