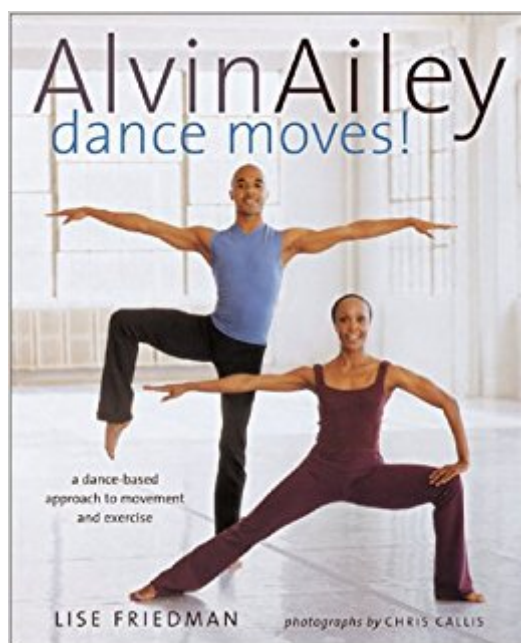


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# Alvin Ailey Dance Moves!: A New Way To Exercise



## Synopsis

Alvin Ailey Dance Moves! uses the very best in dance to demonstrate that enhancing your physical condition doesn't have to be plodding or routine. In fact, Alvin Ailey Dance Moves! raises the bar on exercise, elevating it to the realm of creativity as it introduces dance-based movement as a way of life. As realized in lucid text and stunning photographs of dancers in action, Alvin Ailey Dance Moves! is filled with stimulating, dance-based exercise and movement, drawing from the myriad techniques and disciplines taught at The Ailey School. These are movements practiced daily by Ailey-trained dancers that can be done by anyone just about anywhere, in just about any clothing, on just about any surface. These exercises are designed to improve posture and increase strength, stamina, flexibility, and muscle tone; help alleviate aches and pains; and contribute to heightened self-esteem, relaxation, and well-being. They can be done successfully by beginners or increased in difficulty to challenge more advanced users. A special 'shortcut' workout is provided for those days when you're really short of time.

## Book Information

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## Customer Reviews

This book is intended to give the reader an idea of the work that Alvin Ailey dancers and students go through to prepare for the style of dance they perform. It is not going to teach you how to be an Alvin Ailey dancer (sadly). According to the brief history and description of the Alvin Ailey style, the company borrows from a diverse range of techniques, everything from ballet, jazz, modern (specifically the work of Lester Horton, Katherine Dunham and Martha Graham), to African, Caribbean, Indian and West African traditional dance. In addition to studying movements from those

techniques, Alvin Ailey dancers also use movements borrowed from yoga and what is referred to here as "body conditioning". Again, you're not going to learn any of those styles of dance here, but the influences on the exercises are apparent. The book is divided into Warm-Ups, Posture and Alignment, Stretch, Strength, Balance and Coordination, and Relaxation and Rejuvenation. The full program is said to take 60 to 90 minutes, but options for shorter programs (20 to 30, as well as 7 to 10) are also offered. What I enjoy the most about this book is the emphasis on a loosening of the spine combined with the need to constantly stretch. Some of the stretches, while nothing revolutionary, are a nice twist on some traditional yoga postures, and I've started using some of the warmups before I begin my Pilates practice. Much of the Strength section will be familiar to those who have been exposed to Pilates and ballet, and the Balance and Coordination session borrows heavily from dance and yoga. They lost me a little bit on the cool down, where they have one move where you might end up literally running around your room (how is this cooling?)

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