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"Dance Anatomy" was the practical application of the examples given. As an athletic trainer what I liked best about "Dance Anatomy" was the clear descriptions of exercises commonly used by performing arts medicine professionals but rarely defined well. Outstanding book, and long overdue!! As an adult beginner I found this book to be a helpful tool.

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in many forms of dancing, in which each leg is rotated in

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Students investigate the anatomy of honeybees. In this anatomy lesson plan, students research the physical characteristics of bees and discover what they do. Students create a model of a honeybee showing the correct anatomy.

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Dance Anatomy

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