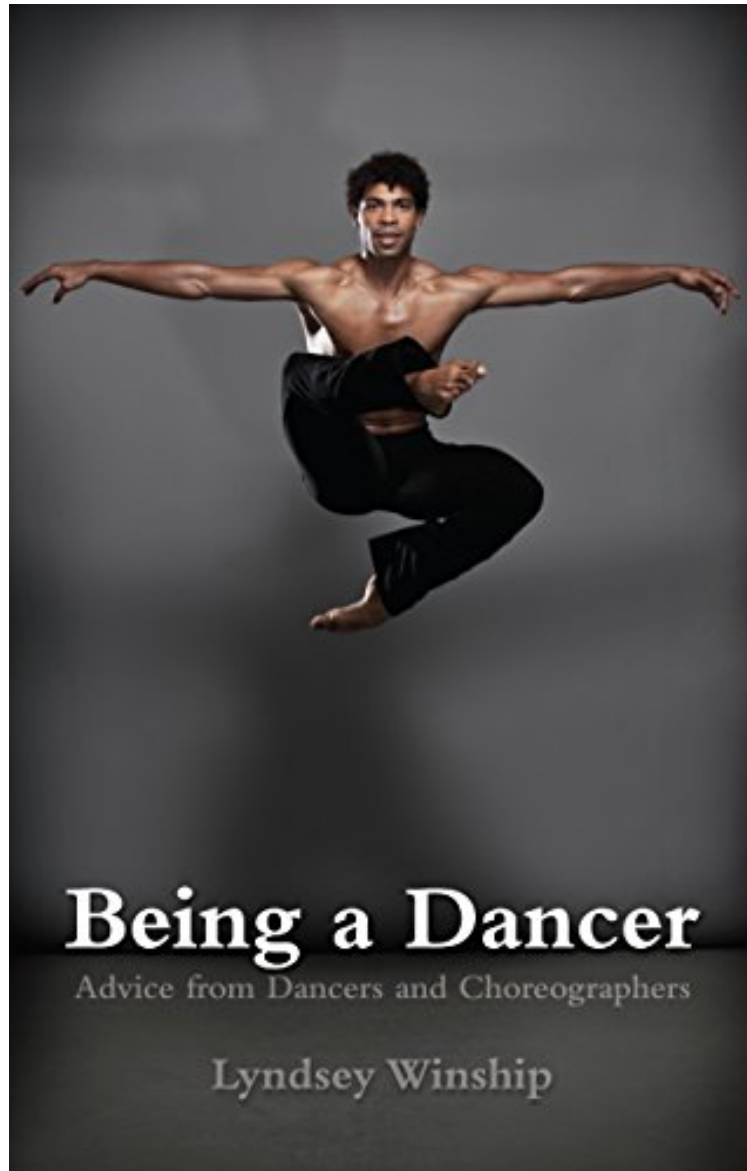


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## Being a Dancer: Advice from Dancers and Choreographers

*Lyndsey Winship*

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**Lyndsey Winship : Being a Dancer: Advice from Dancers and Choreographers** before purchasing it in order to gage whether or not it would be worth my time, and all praised Being a Dancer: Advice from Dancers and Choreographers:

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? These and many more such questions asked by young or aspiring dancers are answered in this book - the most revealing and instructive book yet on what it means to be a dancer. Here is advice from some of the best dancers and choreographers in the world, crossing the fields of ballet, contemporary, South Asian dance, musical theatre and hip hop, and covering subjects both motivational and mundane, from tapping into your own reserves of creativity and resilience, to the important matter of when to eat your pre-show banana. The twenty-five experts in these pages have performed with the likes of the Royal Ballet, English National Ballet, Rambert, Matthew Bourne's New Adventures and BalletBoyz; they range from stars of the West End stage to TV talent-show successes and Kylie's backing dancers - as well as some of Britain's leading choreographers. They are Carlos Acosta, Matthew Bourne, Teneisha Bonner, Darcey Bussell, Lauren Cuthbertson, Maxine Doyle, Tommy Franzen, Adam Garcia, Jonathan Goddard, Matthew Golding, Melissa Hamilton, Wayne McGregor, Steven McRae, Stephen Mear, Cassa Pancho, Seeta Patel, Arlene Phillips, Arthur Pita, Kate Prince, Matthew Rees, Tamara Rojo, Kenrick 'H2O' Sandy, Hofesh Shechter, Aaron Sillis and Marlon 'Swoosh' Wallen.