



Dance Choreography for Competitive Gymnastics

Denise A. Gula

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Dance Choreography for Competitive Gymnastics focuses exclusively on how dance techniques can - and should - be applied to the training of gymnasts. While other texts offer only isolated examples of individual dance steps that might be used by gymnasts, this book by a seasoned performer, choreographer, and dance / gymnastics teacher helps the reader use combinations of dance steps to create complete choreographed sequences for floor and beam routines. With 38 ready-to-use routines from ballet, jazz, folk, and contemporary dance movement styles, Dance Choreography for Competitive Gymnastics is one of the most complete choreographic guide available to gymnastics coaches.

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