THE ART OF DANCING

ITS

THEORY AND PRACTICE

By F. Leslie Clendenen.

Drawings by Mrs. Clendenen.

Intended for Amateurs as well as for:

Proféssional Teachers in Schools, Colleges, Seminaries or Academies, where Dancing and Health Culture are Taught.

FULLY EXPLAINING THE FOUNDATION AND HOW TO TEACH, INTERPRE-TATIVE, CLASSIC, PANTOMIME, EGYPTIAN, GREEK, AND TOE DANCING. ALSO HEALTH DANCING AND EXERCISES.

CONTENTS.

CHAPTER	
I.	KEY TO CORRECT DANCING
	Key to Correct Movements—The Five Positions—The Five Arm Positions—The Five Natural and Extended Arm Positions—French School Arm Positions—Three Body Positions—Inner Soul Expressions—The Five Movements—Attitudes and Arabesques and Their Combinations—Three Original Attitudes—Four Original Arabesques—Method of Instruction—Attitude and Arabesque Combinations—What Is Pantomime Dancing?—Pantomime Attitudes—Pantomime and Dramatic Posture Dance—Technique and French Terms.
II.	ORIENTAL DESIGNS AND DANCES 39-58
III.	Basic Egyptian Hand and Body Designs—Greek Dancing and Expressions—Six Original Greek Designs—Hawaiian Arm and Italian Exercises. ESTHETIC AND RHYTHMIC DANCING
IV.	TOE DANCING
	How and What to Teach—Thirty Exercises—Ten Ballet Positions—Good and Bad Toe and Leg Positions.
V.	NATURE AND HEALTH EXERCISES90-118
	Twelve Lessons in Esthetic Dancing—Reducing—Japan-