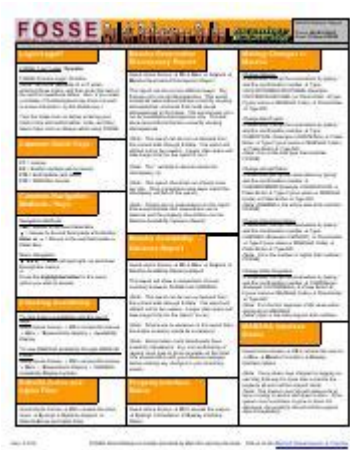


Fosse Training Guide



Fosse Training Guide: Mastering the Technique and Charisma of Bob Fosse

Are you ready to unleash your inner dancer and channel the electrifying energy of Bob Fosse? This comprehensive Fosse training guide will take you beyond simple steps, delving into the core principles of his unique style, offering practical advice, and providing resources to help you master this iconic dance technique. Whether you're a seasoned performer looking to refine your Fosse, or a complete beginner eager to learn, this guide will equip you with the knowledge and tools to succeed. We'll cover everything from the signature Fosse isolations and contractions to the psychology behind his captivating performance style.

Understanding the Fosse Style: More Than Just Steps

Bob Fosse's choreography transcends mere dance; it's a powerful blend of physicality, emotion, and storytelling. His signature style is instantly recognizable, characterized by its sharp, precise movements, controlled isolations, and a compelling sense of controlled rawness. Understanding the underlying principles is key to authentically emulating his work.

Key Elements of Fosse Technique:

- Isolations: The ability to move one body part independently of others is central to Fosse. This requires strength, control, and a deep understanding of your own body mechanics. We'll explore exercises to develop this crucial skill.
- Contractions and Releases: The fluid, almost serpentine movement between contraction and release is another hallmark. This dynamic creates a sense of tension and release, adding a captivating rhythm to the choreography. We'll delve into specific exercises to build this controlled fluidity.

Turns and Rolls: Fosse often incorporated quick, sharp turns and floor rolls, adding dynamism and a sense of unexpectedness. These movements demand precision and control, as well as a deep understanding of body alignment to avoid injury.

Gestures and Facial Expressions: Fosse's choreography is never just about the physical movements. Subtle gestures, facial expressions, and even posture contribute to the overall narrative and emotional impact. We'll look at how to effectively integrate these elements for a truly authentic Fosse performance.

Posture and Alignment: While seeming relaxed, Fosse dancers maintain precise posture and alignment. This isn't just about aesthetics; it supports the technical execution of the sharp movements and isolations. We'll review proper alignment techniques to enhance your performance and prevent injury.

Practical Fosse Training Exercises:

Moving from theory to practice is crucial. Here are some exercises to help you develop the core elements of the Fosse style:

Isolation Drills: Practice isolating individual body parts – head, shoulders, hips, etc. – in front of a mirror. Focus on controlled, precise movements. Start slowly, gradually increasing speed and complexity.

Contraction and Release Flow: Practice flowing between contractions and releases, focusing on the smoothness of transition. Try this with various body parts, including the torso and limbs.

Turn and Roll Practice: Begin with basic turns and rolls, focusing on maintaining control and proper alignment. Gradually increase the speed and complexity of the movements.

Mirror Work: Use a mirror to observe your movements, ensuring accuracy and precision in your isolations, contractions, and turns.

Music Interpretation: Choose Fosse-style music and experiment with creating your own improvisational sequences. This helps you internalize the rhythm and feel of the style.

Finding Your Fosse: Embracing the Character

Beyond the technique, Fosse choreography is defined by its portrayal of character. His dancers were often imbued with a sense of cynicism, irony, and sexuality, all subtly conveyed through movement and expression. Finding your own "Fosse" involves understanding this element and letting it inform your performance. This means studying his work, understanding the context, and allowing your own personality and experiences to subtly shape your interpretation.

Resources for Further Fosse Training:

DVDs and Online Tutorials: Numerous resources are available online and in DVD format that offer step-by-step instruction in Fosse choreography. Search for reputable instructors with proven experience.

Workshops and Classes: Attend workshops and classes led by experienced Fosse instructors. This offers the opportunity for personalized feedback and interaction with other dancers.

Watch Fosse Films and Performances: Immerse yourself in his work by watching classic films and stage productions like "Cabaret," "Chicago," and "Sweet Charity." Observe the nuances of his style and the way the dancers embody the character.

Conclusion:

Mastering the Fosse style takes dedication, practice, and a deep understanding of its underlying principles. By focusing on precise technique, emotional expression, and a genuine appreciation for the artistry of Bob Fosse, you can unlock your full potential as a dancer and bring the electrifying energy of this iconic style to your own performances. Remember, it's a journey, so enjoy the process and celebrate your progress along the way!

FAQs:

1. What is the best way to start learning Fosse if I have no dance experience? Start with basic isolation exercises and gradually increase complexity. Focus on building strength and control. Consider taking beginner dance classes to build a foundational understanding of movement.
2. How important is musicality in Fosse dance? Musicality is crucial. Fosse's choreography is deeply intertwined with the music's rhythm, phrasing, and emotion. Practice listening attentively to the music and letting it guide your movements.
3. Are there specific body types ideal for Fosse dance? While a lean physique might seem advantageous, Fosse dancers came in various shapes and sizes. Strength, flexibility, and control are more crucial than a specific body type.
4. How can I prevent injuries while practicing Fosse technique? Proper warm-up and cool-down routines are essential. Pay attention to your body alignment and avoid pushing yourself too hard, especially when learning new movements.
5. Where can I find reputable Fosse instructors? Check local dance studios, community centers, and online directories for dance classes. Look for instructors with experience in Fosse choreography and a good reputation.

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Cabaret is the first book of its kind to examine in detail the unique vocal and nonvocal requirements for professional performance within the exciting genre of cabaret. With a foreword by cabaret legend Lorna Luft, *So You Want to Sing Cabaret* includes interviews from the top professionals in the cabaret industry, including Michael Feinstein, Ann Hampton Callaway, Roy Sander, Sidney Myer, Jeff Harner and many others. There are also chapters devoted to crafting your show, lyric connection, "do-it-yourself" production and promotion, and working with your musical team. David Sabella and Sue Matsuki have crafted the perfect one-volume resource for both the aspiring cabaret singer and the singing teacher who seeks to learn more about this unique art form. The *So You Want to Sing* series is produced in partnership with the National Association of Teachers of Singing. Like all books in the series, *So You Want to Sing Cabaret* features online supplemental material on the NATS website. Please visit www.nats.org to access style-specific exercises, audio and video files, and additional resources.

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wide-ranging and in-depth look at the multifaceted relationship between trauma, dissociation and psychosis. The editors – leaders in their field – have drawn together more than fifty noted experts from around the world, to canvas the relevant literature from historical, conceptual, empirical and clinical perspectives. The result documents the impressive gains made over the past ten years in understanding multiple aspects of the interface between trauma, dissociation and psychosis. The historical/conceptual section clarifies the meaning of the terms dissociation, trauma and psychosis, proposes dissociation as central to the historical concepts of schizophrenia and borderline personality disorder, and considers unique development perspectives on delusions and the onset of schizophrenia. The empirical section of the text compares and contrasts psychotic and dissociative disorders from a wide range of perspectives, including phenomenology, childhood trauma, and memory and cognitive disturbances, whilst the clinical section focuses on the assessment, differential diagnosis and treatment of these disorders, along with proposals for new and novel hybrid disorders. This important resource:

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- Helps define and bring cohesion to this new and important field
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Written for clinicians, researchers and academics in the areas of trauma, child abuse, dissociation and psychosis, but relevant for psychiatrists, psychologists and psychotherapists working in any area, the revised second edition of *Psychosis, Trauma and Dissociation* makes an invaluable contribution to this important evolving field.

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