## THIS MONTH ON www.dance-teacher.com

Learn basic salsa steps from "Dancing With the Stars" regular Cheryl Burke.

Downioad a printable quiz on History subject Vaslav Nijinsky to share with your students.

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The Ailey School's demonstration of Horton Technique with Ana Marie Forsythe and Milton Myers was named Editors' Choice for the July Dance Teacher Vides of the Month. We spoke to Forsythe, chairperson of the Horton Department at the Ailey School, fol-
lowing her annual Lester Horton Pedagogy Workshop in July.

Why are teachers interested in exploring Horton technique? The technique is an incredibly useful training tool for dancers. It's a safe technique to teach. Lester Horton wanted to build a technique that was anatomically corrective so that it would continuously build up the body. There is a freedom and physicality about it that makes it exciting, yet it also has the discipline of ballet.

You studied directly with Joyce Trisler, and Bella Lewitsky was also Horton-based. What other wellknown dancers epitomize the technique?

Carmen de Lavallade is steeped in Horton. There are a lot of choreographers who are influenced by HortonChristopher Huggins, Milton Myers.

You have said that the technique is accessible to any body shape or size, Can you say more about that? The movement is not stressful to the joints and you don't need long hamstrings. (Of course, it will help you develop long hamstrings.) Horton developed exercises with one turned-out leg and one parallel leg working together so that you could do the movements even if you don't have much tumout. The warmup is quick and efficient because you are moving from the very beginning. You can feel the sense of dancing right away.

My favorite class to teach is beginners. I can sense the satisfaction they get from the beginning to the end of the term. They know their bodies better. That's a rewarding thing for a teacher.

The next Lester Horton Pedagogy Workshop will be held at the Ailey Studios in New York, July 12-16 and July 19-23, 2010.

Posting videos to the DT Video of the Month Contest is quick, easy and free! Each month, Dance Teacher features the Editors' Choice selection on this page of the magazine-a great way to build buzz, whether you're looking for a gig as guest artist, want to promote your classes or boost enroilment at your studio. Share your videos at www.dancemedia.com. Any and all kinds of dance are welcome! Don't forget to vote for your favorites.

