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## COCHRAN LOPEZ

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**Dance the Dance** Barrytown Limited  
 If you love dancing you will love it even more when you track and plan what you do. This is the only journal you will ever need. With 10 different pages you will love keeping it and so will your teacher! With pages to: 1. 'When I Dance, I Feel' Journal page 2. Set your dancing goals and record ideas on how to make it happen 3. Set a weekly dance plan and to-do list 4. Keep a record of your lesson, what went well, what needs work, instructor, routine etc 5. Create a practice plan for between lessons 6. Record the details of your practice - see what is working 7. Keep a self-care planner to look after your personal needs so you can dance your best 8. Set your future

goals and see where you can draw inspiration from 9. Keep a running Checklist of things you need to do 10. 'I love dance because' journal page - to write notes, dream, get inspired!!

**Fun with Mommy** North Atlantic Books  
 First Published in 1999. Routledge is an imprint of Taylor & Francis, an informa company.

**Mac at Work** Dave Mallinson Publications  
 "The Pronouns is an iconic collection of dance-instruction poems from 1964 by performance artist, composer, anarchist-pacifist, and poet Jackson Mac Low, who was famous for employing techniques of "systematic chance" in his writing. Each poem uses one of forty pronouns and a random combination of a limited vocabulary to create a script that one or more dancers interpret, thereby bringing the poem to life differently each time it is

read or performed"--

**Dance Journal** Routledge

This early work on dancing is a fascinating read for any dance enthusiast or historian, and contains much information that is still useful and practical today. Thoroughly recommended for inclusion on the dance lover's bookshelf. Extensively illustrated with diagrams and photographs. Contents Include: Introduction; The Waltz; The Slow Foxtrot; The Quick Step; The Tango. Many of the earliest books, particularly those dating back to the 1900s and before, are now extremely scarce and increasingly expensive. We are republishing these classic works in affordable, high quality, modern editions, using the original text and artwork.

*Fifty Contemporary Choreographers*  
 Candlewick Press

An album-by-album celebration of the life

and music of Mac Miller through oral histories, intimate reflections, and critical examinations of his enduring work. "One of my most vivid memories of him is the way he would look at you while he was playing you a song. He tried to look you right in the eyes to see how you were feeling about it." —Will Kalson, friend and first manager Following Mac Miller's tragic passing in 2018, Donna-Claire Chesman dedicated a year to chronicling his work through the unique lens of her relationship to the music and Mac's singular relationship to his fans. Like many who'd been following him since he'd started releasing mixtapes at eighteen years old, she felt as if she'd come of age alongside the rapidly evolving artist, with his music being crucial to her personal development. "I want people to remember his humanity as they're listening to the music, to realize how much bravery and courage it takes to be that honest, be that self-aware, and be that real about things going on internally. He let us witness that entire journey. He never hid that." —Kehlani, friend and musician. The project evolved to include intimate interviews with many of Mac's closest friends and collaborators, from his Most Dope Family in Pittsburgh to the producers and musicians who assisted him in making his everlasting music, including Big Jerm, Rex Arrow, Wiz Khalifa, Benjy Grinberg, Just Blaze, Josh Berg, Syd, Thundercat, and more. These voices, along with the author's commentary, provide a vivid and poignant portrait of this astonishing artist—one who had just released a series of increasingly complex albums, demonstrating what a musical force he was and how heartbreaking it was to lose him. "As I'm reading the lyrics, it's crazy. It's him telling us that he hopes we can always respect him. I feel like this is a message from him, spiritually. A lot of the time, his music was like little letters and messages to his friends, family, and people he loved, to remind them of who he really was." —Quentin Cuff, best friend and tour manager

*Robert Brandon's Ballroom Dancing Made Easy* Rawson Associates

Discusses everything readers need to know about the dance world, from the history of the tango to breakin'.

*Dance Journal* University of Illinois Press  
In *The Heron Dance Book of Love and Gratitude*, Roderick MacIver uses text and pictures to encourage readers to discover that "all-transcendent meaning" in their daily lives. This wise and comforting book celebrates the open heart and the beauty and mystery that surround us through a wide array of voices and perspectives. MacIver weaves inspirational poetry and

prose with his shimmering nature watercolors to create a book that helps readers discover—and honor—love and gratitude. These quotes from men and women span time and geography, but share a sense of hard-won wisdom. Henry Miller finds unexpected late-life solace in embracing the simple quality of trust. Gabriel García Márquez muses, "If I knew that this would be the last time you pass through this door, I'd embrace you, kiss you, and call you back for one more." Helen Keller says, "God is in me as the sun is in the color and fragrance of a flower."

This book is equally rewarding when sampled or read cover to cover as a respite from the pressures of modern life.

The Pronouns Dorling Kindersley Ltd  
If you love dancing you will love it even more when you track and plan what you do. This is the only journal you will ever need. With 10 different pages you will love keeping it and so will your teacher! With pages to: 1. 'When I Dance, I Feel' Journal page 2. Set your dancing goals and record ideas on how to make it happen 3. Set a weekly dance plan and to-do list 4. Keep a record of your lesson, what went well, what needs work, instructor, routine etc 5. Create a practice plan for between lessons 6. Record the details of your practice - see what is working 7. Keep a self-care planner to look after your personal needs so you can dance your best 8. Set your future goals and see where you can draw inspiration from 9. Keep a running Checklist of things you need to do 10. 'I love dance because' journal page - to write notes, dream, get inspired!!

The Book of Mac University Press of Florida  
Another playful and winning story by the author of *Pete the Cat: I Love My White Shoes!* Hazel Nut wants her family to sing and dance along with her, but they are just too busy! Who can she call? Why... her super-hip, disco-dancing Grandma Nut! In the second book of the Nuts series, Eric Litwin's playful call-and-response rhymes and Scott Magoon's hilarious illustrations invite readers young and old to join in on the fun.

Off the Dance Floor Simon and Schuster  
Two traditionally divided strains of American dance, Modern Dance and Negro Dance, are linked through photographs, reviews, film, and oral history, resulting in a unique view of the history of American dance.

Dance Journal McFarland  
Told from the perspective of a little boy; "Fun With Mommy" highlights the bonding time captured between a mother and her son while engaging in pole fun and fitness lessons.

*Mac's Angels: The Last Dance* Wesleyan

University Press

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Dance Journal Love Lady Mac

A study of Isadora Duncan that places her within the intellectual and political context of her time explores her appeal to audiences and examines the factors that made her form of modern dance so compelling.

**Square Dance Choreography** Random House

Provides biographical and historical information on a group of African-American artists who worked during the 1920s, 1930s, and 1940s to legitimize dance of the African diaspora as a serious art form.

**It's a Marvelous Night for a Moondance** Fulton Books, Inc.

Edited by piano accordion player Pete Mac, *Band Swing* is an indispensable source book for musicians playing in folk dance bands, who need suitable, playable tunes which work well together. The tunes have been written out in a straight forward way with chord symbols included. On pages labelled as Reels, Polkas, Jigs, Hornpipes or Waltzes, individual tunes can be played from top to bottom as a sequence of similar tunes. In the Specials section, if more than one tune is shown for a dance, the tunes have been specially chosen to be played in a sequence. Special care has been given to making these arrangements easy to call and dance to. Some of the tunes in this book have easier arrangements printed on the opposite page, these make it easier for less experienced musicians to contribute to the sound of the band and to play at normal band tempo. Mally's and UK product #AR110.

*The Heron Dance Book of Love and Gratitude* CreateSpace

More than 160 detailed photographs

illustrate instruction in the techniques of aerobic dancing which combines exercises that strengthen the cardiovascular system with vigorous dance movements.

*Mac the Macaroni* Dundurn

In the 1920s and 1930s, Edwina "Salt" Evelyn and Jewel "Pepper" Welch learned to tap dance on street corners in New York and Philadelphia. By the 1940s, they were Black show business headliners, playing Harlem's Apollo Theater with the likes of Count Basie, Fats Waller and Earl "Fatha" Hines. Their exuberant tap style, usually performed by men, earned them the respect of their male peers and the acclaim of audiences. Based on extensive interviews with Salt and Pepper, this book chronicles for the first time the lives and careers of two overlooked female performers who succeeded despite the racism, sexism and homophobia of the Big Band era.

Dance Mad Little, Brown Books for Young Readers

There are many people in the world who have always wanted to learn to dance. There are other people who believe that their time has passed and wish they had tried long ago. This is the story of

someone who, in her forties, not only tried but made it a lifestyle. With nothing more than a childhood dream of wanting to stand out among the rest, she wanted to dance, to be included in the elite group of dancers, and, in the end, to teach. Follow her along the path to success in an unforgiving and crazy world. Watch her learn all the ins and outs of managing not only the dance industry but her relationships with other students, competitors, family, and friends. More importantly, watch her manage her relationship with herself through a decade of dance.

**The Pronouns** READ BOOKS

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to look after your personal needs so you can dance your best 8. Set your future goals and see where you can draw inspiration from 9. Keep a running Checklist of things you need to do 10. 'I love dance because' journal page - to write notes, dream, get inspired!!

*Let's Dance* Faber & Faber

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