



# The Erick Hawkins Modern Dance Technique

*Renata Celichowska*

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## **The Erick Hawkins Modern Dance Technique** Renata Celichowska

The Hawkins dance technique embodies the philosophy that dance should integrate the body, mind, and soul while always following scientific principles. This system of dance training—an approach that continues to influence dancers around the world—is examined through a variety of illustrations. Photographs of dancers illustrate the technique in action. Drawings demonstrate the relationship between movements of the body and everyday objects, such as the similarities between a spiral action of the spine and a barber's pole or winding staircase. This vibrant text examines Hawkins's originality, philosophical thinking, and teaching methods.

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