



Teaching Movement and Dance: A Sequential Approach to Rhythmic Movement

Phyllis S Weikart

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Fully revised and expanded, this fourth edition includes updated information on Phyllis S. Weikart's teaching model for beginners of all ages. Also contains over 100 beginning-level dances and instructions for introducing movement and dance in understandable and enjoyable ways. Music for the dances is recorded on the Rhythmically Moving 1-9 recordings.



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