This Advanced Beginners Horton class is a complete class and thorough workout based on the book, *The Dance Technique of Lester Horton*, by Majorie Perces, Ana Marie Forsythe and Cheryl Bell, and the three Dance Spotlight videos: *Lester Horton Technique — The Warm-Up, Intermediate and Advanced Levels*. This DVD is designed to show how the Horton studies can be incorporated and taught within a class.

**CLASS INCLUDES:**
- The Warm-Up
- Round Over and Round Up
- Flat Back Series
- Primitive Squat Descent and Ascent
- Lateral Stretches
- Release Swing Series
- Fortification #1
- Prelude #1
- Twists w/ Open Egyptian Arms
- Leg Swings
- Preparation for Deep Forward Lunges
- Coccyx Balance
- Improvisation
- Lateral T Study
- Side Hip Pull w/ Figure 4 Turn and Lateral T Balance
- Single Foot Arch Springs w/ Stag Jump
- Fortification #14

**TEACHERS**
- Ana Marie Forsythe
  Chairperson, Horton Department at The Ailey School since 1979
- Majorie B. Perces
  Former Horton dancer and teacher

**All DANCERS** are graduates and former students of the Ailey/Fordham BFA Program in Dance.

Color / Running time: 90 min./ English / NTSC