FYE Summer Reading: How to Be an Antiracist Reflection by Sarah DiPasquale Associate Professor and Chair Skidmore College Dance Department

All humans are born with bodies; therefore, movement and dance are inherently inclusive.

Nearly all who have bodies can move, and move in ways that can be connected to and inspired by music. However, the study of Westernized dance forms is bound in traditions which teach and promote fundamentally exclusive practices inviting those with privilege and those who are deemed able bod to engage while overlooking others. Why must dance be for some and not all?

While reading I was struck with a deep reflection of my own discipline how much work there is to do and how far we must go to foster 1 0 0ET1 0 0 PSq0.00000920 628 eW*nBTF1 12Tf

content of this video is tailored for elementary students (the users of the Dance to Success program), (1) yet the movement patterns and physicality of this work has no boundaries. As a dance professor, I utilize these movement patterns with college students, older adults, individuals with disabilities, and even with colleagues at scholarly conferences. Movement can be inclusive to all, and while the video was created for children, it can be beneficial to people of all ages and abilities.

So now, I invite you to stand up in whatever space you are in, <u>click here</u>, and engage an embodied experience of inclusion. My sincere thanks to the summer students who collaborated and danced