R-DMT ALTERNATE ROUTE DANCE/MOVEMENT BACKGROUND

List your dance and/or movement training and experiences below. The options listed in italics are possibilities, please add additional training, styles, and experiences as appropriate. Upload this file into your R-DMT Alternate Route application.

DANCE/MOVEMENT EXPERIENCE & TRAINING				
(traditional/ethnic/folk – African, Caribbean, Asian/S. Asian, Latin, Middle Eastern, Native American,				
etc., popular/street/indigenous, improvisation, liturgical, ballroom, ballet, modern, jazz etc.)				
Check if	Form/Style	When studied?	Frequency	
this is an		(Year range)	approximate hours/week	
area of				
expertise				

ADDITIONAL COLLATERAL DANCE/MOVEMENT EXPERIENCE (Dance studies such as dance theory, composition, improvisation, sacred dance, yoga, movement therapy, performance, teaching, choreography etc.)				
What	When (date/year range)	Frequency approximate hours/week		

(Revised 2024)