## Bruce Hamílton's Broomstíck



Sometime in the late 1980s or in the 1990s, Bruce Hamilton gave a workshop for dancers in Atlanta. He spoke of imagining your spine as a broomstick and tilting it forwards before you step from immobility to motion and tilting it backwards to help you stop. This has always stayed with me, especially when dancing English.

"Bruce Hamilton's Broomstick" has been in my list of possible titles for years but I never found the right tune for it—until now.