



Courtesy of Ashley Canterna

Dancer, choreographer and teacher Ashley Canterna shares her music selections for contemporary choreography.

At 23 years old, Ashley Canterna already boasts an impressive resumé. While training at The Kirov Academy of Ballet of Washington, DC, she was only 15 when she won the junior division of the Youth America Grand Prix Ballet Competition and was later named one of *Dance Magazine's* "25 to Watch." She has also appeared on television and in movies, including the cult hit *Step Up*.

Along with her sister, Adrienne, Canterna currently performs with Pretty Girls of Dance, a teaching and touring company based in Baltimore, Maryland. She is also the artistic director of the newly formed Maryland Festival Ballet and continues to travel the country as a performer, guest teacher, choreographer, private coach and judge. Things came full circle this past summer when one of her students, Derek Dunn, won the junior division of the Youth America Grand Prix. Here, Canterna lets us in on her go-to music choices for creating contemporary pieces. **DT**

Artist: Lucia Micarelli
Album: *Music from a Farther Room*



"The song 'She Is Like the Swallow' has a wonderful balance of both vocal and instrumental music. Strung together by violin, the music lends itself to movement that could range anywhere from modern to classically inspired contemporary."



Artist: Charlotte Martin
Album: *On Your Shore*

"This entire album is full of music that inspires choreographic translation and creativity of movement. Most songs are Martin's original work and will appeal to any choreographer based on the pure simplicity of lyrics and melody."

Artists: John Williams and Itzhak Perlman
Song/Album: "Theme from Schindler's List," *Schindler's List* soundtrack



"This has always been a favorite of mine. The power of the violin in this piece overrides the need for lyrics. It is timeless, powerful and captivating—a story that a choreographer can tell over and over again as a solo or a group."



Artist: Cirque du Soleil
Album: *Quidam*

"Because the compositions on this album are so unique and intriguing, I feel that they allow the choreographer to compose his or her own story to each piece of music. This entire album can push any artist to explore new movement and concepts in dance composition."

Artist: Elisa
Album: *Dancing*



"This new release is a compilation of songs from her previous albums. Although you may hear this music often in dance performances, I feel Elisa's voice, lyrics and music are the perfect combination for innovative contemporary work."