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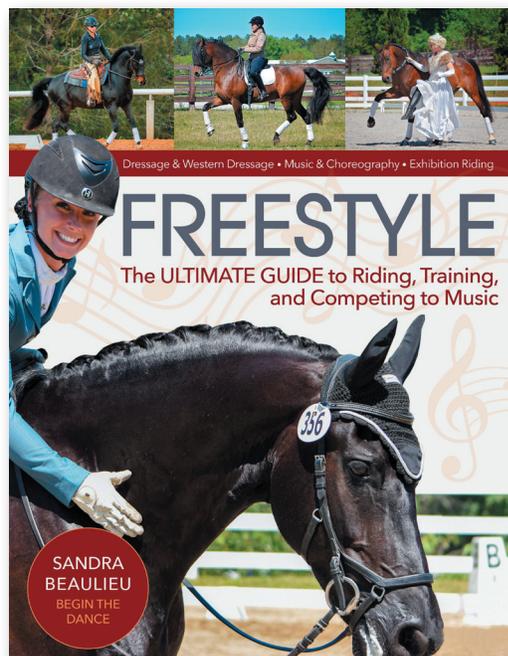
FREESTYLE

The Ultimate Guide to Riding, Training, and Competing to Music

SANDRA BEAULIEU

Trafalgar Square Books is pleased to announce the release of *Freestyle* by Sandra Beaulieu.

Music has long been part of esteemed equestrian traditions—consider the classical tones of the over-500-year-old Spanish Riding School and the Verdi purported to play at deafening volumes from the arena of Portuguese master Nuno Oliveira. Today we have sound systems that enable the most humdrum of riding lessons to become rhythmical dance rehearsals. And on the Olympic stage, the very best in international talent compete to discover which exquisitely choreographed performance is gold-medal-worthy. The musical “freestyle,” as it’s known, has become a form of equestrian display that draws large audiences in horse sports of every kind: dressage, Western dressage, and Cowboy Dressage; reining and liberty; breed classes and training competitions; drill teams and quadrilles. The use of music with horses is truly an art in itself—one that award-winning musical freestyle designer Sandra Beaulieu has perfected in her years of experience as a dressage competitor and professional entertainer. Here she provides everything readers need to know to enjoy freestyles of their own, whether for fun or for ribbons. Discover how to choose suitable music, explore choreography techniques, and learn basic music editing. Review required movements, then use Beaulieu’s expert suggestions for weaving them together. Plus, enjoy a section on preparing exhibition performances—complete with ideas for props and costumes. With plenty of advice for practice as well as putting on a crowd-pleasing show, readers are sure to find all they need to begin the dance of a lifetime.



SANDRA BEAULIEU is a USDF Bronze and Silver Medalist, a USDF “L” Graduate with Distinction, and an award-winning musical freestyle designer. Beaulieu has entertained with live performances of her popular musical freestyles, as well as her Art on Horseback painting process. She has appeared in print and television advertisements, and served as a rider and head equine trainer for multiple films. Beaulieu offers dressage, liberty, and trick training clinics, provides freestyle design services for riders of all levels, and enjoys sharing the unique talents of

her beloved horses Douwe and Rovandio in exhibitions. Watch videos and download free resources online at www.beginthedance.com.

“It is my sincere hope that the knowledge and skill set I have to offer in this book will inspire you to be creative with your horse and enjoy the journey, together.”

—SANDRA BEAULIEU

296 pp • 8½ x 11 • 284 color photos, 338 diagrams • 978 1 57076 930 6 • \$34.95 pb

For more information, contact mcook@trafalgarbooks.com.

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