

# Flipping Forward, Twisting Backward: Alma Fullerton's Groundbreaking Journey in Disability Advocacy and Dance



## Synopsis

In her captivating memoir, "Flipping Forward, Twisting Backward," Alma Fullerton unveils her extraordinary journey as a dancer, disability advocate, and pioneer in the field of adaptive dance. Through her candid and inspiring narrative, Fullerton recounts the challenges and triumphs she has faced, shedding light on the transformative power of dance and its ability to empower people with disabilities.



## Flipping Forward Twisting Backward by Alma Fullerton

★★★★★ 5 out of 5

Language : English

File size : 2356 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Print length : 270 pages



### Chapter 1: A Passion Ignited

Alma Fullerton's love for dance blossomed at a tender age. Born with cerebral palsy, she defied societal expectations and pursued her passion with unwavering determination. Despite the physical limitations imposed by her disability, Fullerton's spirit soared as she twirled and leapt across dance floors.

### Chapter 2: Embracing Difference

As Fullerton's dance career progressed, she encountered obstacles and prejudices. Some questioned her ability to perform with a disability, but she refused to be deterred. Instead, she embraced her differences and became an advocate for inclusivity in the dance world. Fullerton's unwavering belief

in her own worth and the power of representation became the driving force behind her mission.

### **Chapter 3: Breaking Barriers**

Fullerton's journey led her to co-found the AXIS Dance Company, a groundbreaking troupe that celebrates the artistry of dancers with disabilities. Through performances and workshops, AXIS challenged societal stereotypes and showcased the exceptional abilities of its members. Fullerton's innovative choreography and advocacy work paved the way for a more equitable and inclusive dance landscape.

### **Chapter 4: Adaptive Dance Takes Center Stage**

As Fullerton delves into the world of adaptive dance, she shares her experiences in developing innovative techniques that make dance accessible to people with diverse physical challenges. Her passion for empowerment extends beyond the stage, as she advocates for accessible dance education and opportunities for all.

### **Chapter 5: A Legacy of Inspiration**

Throughout her memoir, Fullerton's unwavering determination and pioneering spirit shine through. Her tireless advocacy has transformed the dance world, inspiring countless people with disabilities to pursue their dreams. Fullerton's legacy extends beyond the stage, as she serves as a role model and mentor for young dancers and advocates alike.

### **Chapter 6: Disability as a Source of Strength**

In "Flipping Forward, Twisting Backward," Fullerton challenges society's preconceptions about disability. She shares her personal experiences and

insights, demonstrating how her disability has shaped her unique perspective and allowed her to find strength and resilience amidst adversity. Fullerton's message of empowerment resonates with readers from all walks of life.

## **Chapter 7: The Power of Representation**

Fullerton's memoir highlights the importance of representation and visibility for people with disabilities. Her presence on stage and in the media challenges societal norms and creates a more inclusive social fabric. Through her advocacy and storytelling, Fullerton raises awareness about the challenges and triumphs faced by people with disabilities.

## **Chapter 8: A Call to Action**

In the final chapters of her memoir, Fullerton issues a call to action. She urges readers to embrace diversity, challenge biases, and create a world where all people with disabilities have the opportunity to thrive. Fullerton's message of hope and empowerment inspires readers to become agents of change and work towards a more equitable and inclusive society.

"Flipping Forward, Twisting Backward" is an illuminating and inspiring memoir that transcends the boundaries of dance and disability. Alma Fullerton's extraordinary journey serves as a testament to the power of resilience, advocacy, and the transformative nature of art. Her groundbreaking work and personal story will undoubtedly continue to inspire and empower generations to come.

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