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Jump Into Jazz: A Primer For The Beginning Jazz Dance Student



Synopsis

First published in 1983, this book has become a standard activity book in jazz dance. It contains clear, well-illustrated descriptions of all basic jazz dance steps, combined with information on alignment, improvization, injuries, nutrition, and the history of jazz. A new chapter on fitness has been added to help dancers to understand and improve their strength, flexibility and endurance and precaution boxes have been added to help avoid injury. --This text refers to an out of print or unavailable edition of this title.

Book Information

Paperback: 208 pages

Publisher: Mayfield Pub Co; 3rd edition (November 1996)

Language: English

ISBN-10: 1559345497

ISBN-13: 978-1559345491

Product Dimensions: 0.5 x 7.5 x 9.5 inches

Shipping Weight: 11.2 ounces

Average Customer Review: 4.5 out of 5 stars 3 customer reviews

Best Sellers Rank: #842,101 in Books (See Top 100 in Books) #16 in Books > Arts & Photography > Performing Arts > Dance > Jazz #4205 in Books > Arts & Photography > Performing Arts > Theater #66952 in Books > Humor & Entertainment

Customer Reviews

Fun book to help with the basics of jazz, exercises, stretches, moves, etc. Definitely an easy read, especially for beginners

This book is a great condensed overview of different eras and their styles of dancing and music. It also had some exercises for Jazz students including pictures, which is very helpful. I enjoyed the book.

This book was very insightful. It gave a detailed history of where Jazz began and how it has developed to the present day. It also discussed proper nutrition a dancer should have, classroom etiquette, injury prevention and much more. I would recommend this book to anyone who wants to learn or teach jazz.

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