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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, improvisation, 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

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## 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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