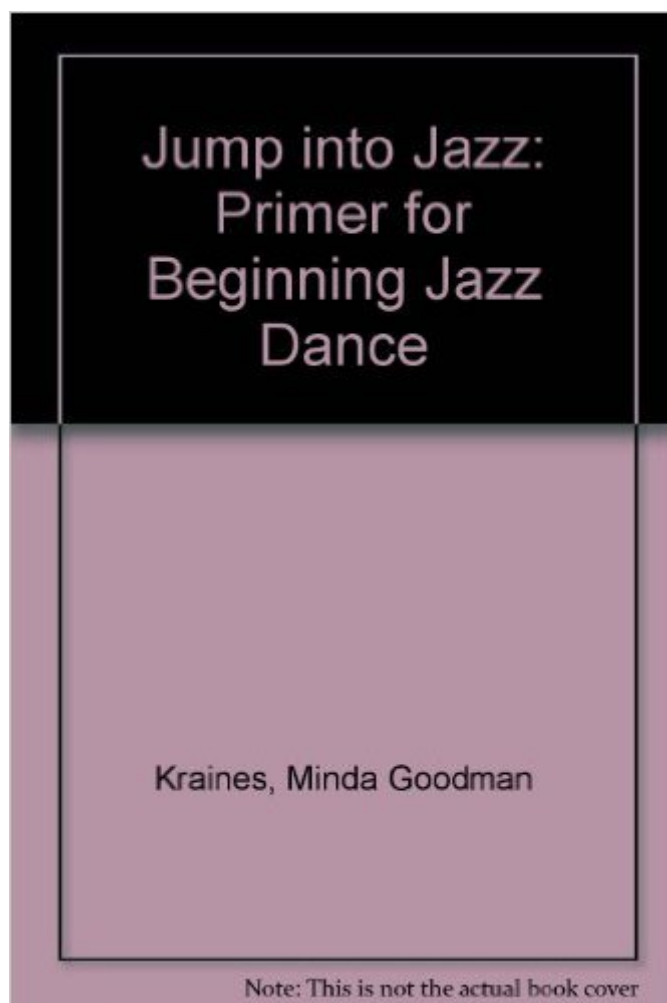


The book was found

Jump Into Jazz: Primer For Beginning Jazz Dance



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

Hardcover: 115 pages

Publisher: Mayfield Publishing Co ,U.S.; 1st edition (May 1983)

Language: English

ISBN-10: 0874845718

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Product Dimensions: 7.9 x 7.7 x 0.4 inches

Shipping Weight: 7.8 ounces

Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #2,811,421 in Books (See Top 100 in Books) #37 inÂ Books > Arts &

Photography > Performing Arts > Dance > Jazz #212149 inÂ Books > Humor & Entertainment

Customer Reviews

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.

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

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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How to Dance: Learn How to Line Dance, Belly Dance, Ice Dance and More
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