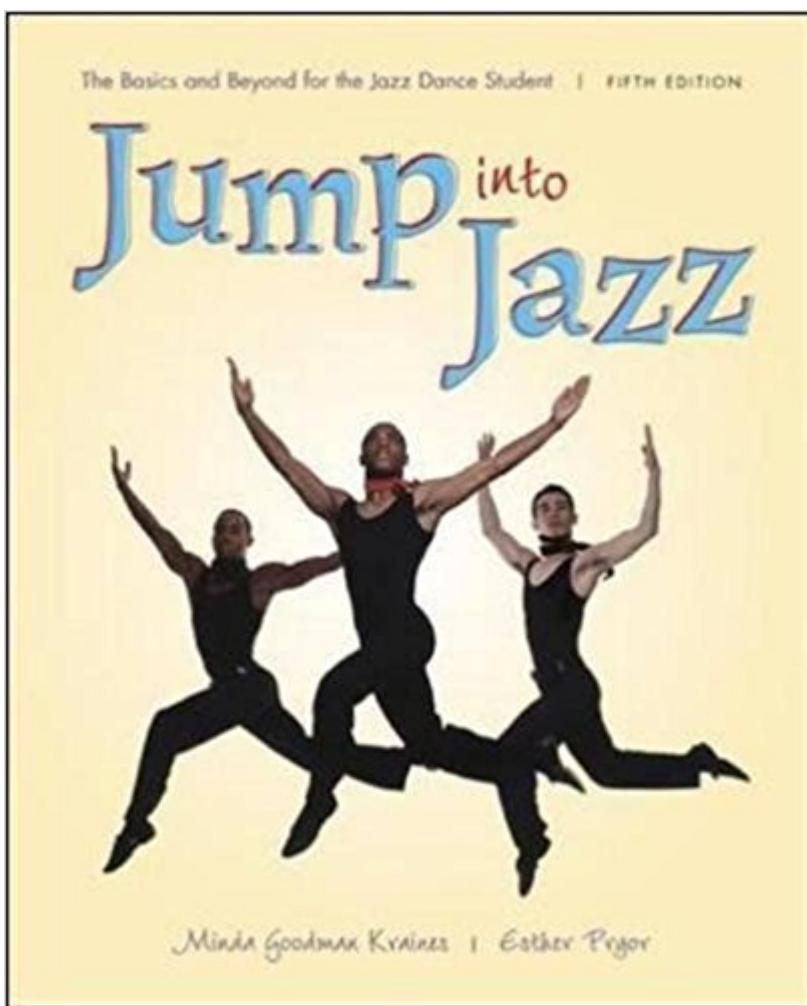


The book was found

Jump Into Jazz: The Basics And Beyond For Jazz Dance Students



Synopsis

In an accessible, easy-to-read style, this text provides students with well-illustrated descriptions of all basic jazz steps and movements, including valuable information on alignment, improvisation, injury prevention, nutrition and fitness, and history of jazz dance. Throughout the text, "Movement Tips" boxes help students with particularly challenging movements, and "Precaution" boxes help students utilize correct techniques to avoid injury.

Book Information

Series: B&B Physical Education

Paperback: 240 pages

Publisher: McGraw-Hill Education; 5 edition (July 2, 2004)

Language: English

ISBN-10: 0072844043

ISBN-13: 978-0072844047

Product Dimensions: 7.5 x 0.5 x 9.1 inches

Shipping Weight: 13.1 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 18 customer reviews

Best Sellers Rank: #122,920 in Books (See Top 100 in Books) #3 in Books > Arts & Photography > Performing Arts > Dance > Jazz #33 in Books > Textbooks > Humanities > Performing Arts > Dance #9864 in Books > Humor & Entertainment

Customer Reviews

Minda has been a full time dance and Physical Education instructor at Mission College since 1979. Since that time she has set up an entire dance program, giving full length dance performances and having students continue their study of dance at 4 year universities. Since 1989, she has shifted her emphasis to fitness and developed a 12 unit program for the Fitness Specialist that trains students as personal trainers as well as aerobic instructors.

Despite the silly cover, this book has proven useful to my personal study of dance. The explanations are clear and diagrams are super helpful.

Although I found some minor errors in the book, overall it does a good job giving simple explanations of jazz dance terminology and moves and shows pictures. It was required for my class and it's been helpful in explaining how to perform moves in simple terms.

This book was way expensive for what it was. Even with the help of I was shocked at the price. It was not this booksellers fault the price was so high. I cant see paying gold prices for a dance class book. Taking food off the table is a bad trade off.

Excellent

I was required to get this book because I am a college dance minor. Basically, if you've been dancing your whole life, it's everything you already know about dance in a written out form. If that's what you need to improve your dancing go ahead, but other than that it's nothing too special.

Wanted more up to date info

This is one of the best books on dance written. It clearly explains everything. It has sections on injuries, warm-ups, history, etc. It also has sheets in the back where you can track flexibility, eating habits etc. I recommend it to every high school and college dance student.

What an excellent book. I have really enjoyed this book as a school book and just to plan look at.

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