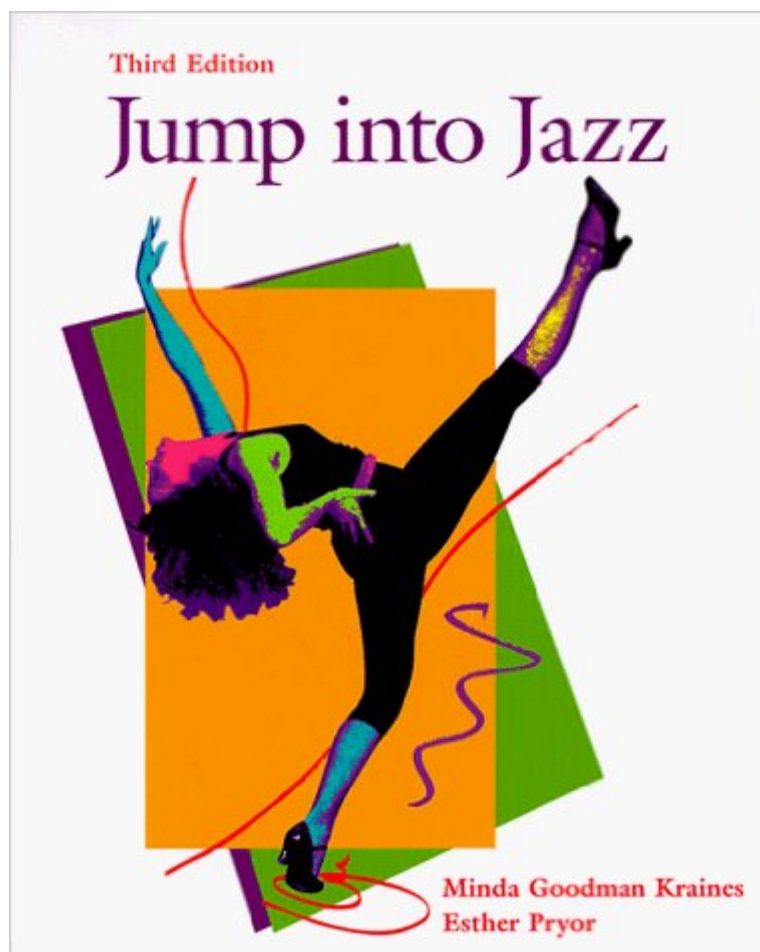


The book was found

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

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Product Dimensions: 0.5 x 7.5 x 9.5 inches

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #2,698,197 in Books (See Top 100 in Books) #33 in [Books > Arts & Photography > Performing Arts > Dance > Jazz](#) #11744 in [Books > Arts & Photography > Performing Arts > Theater](#) #203061 in [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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