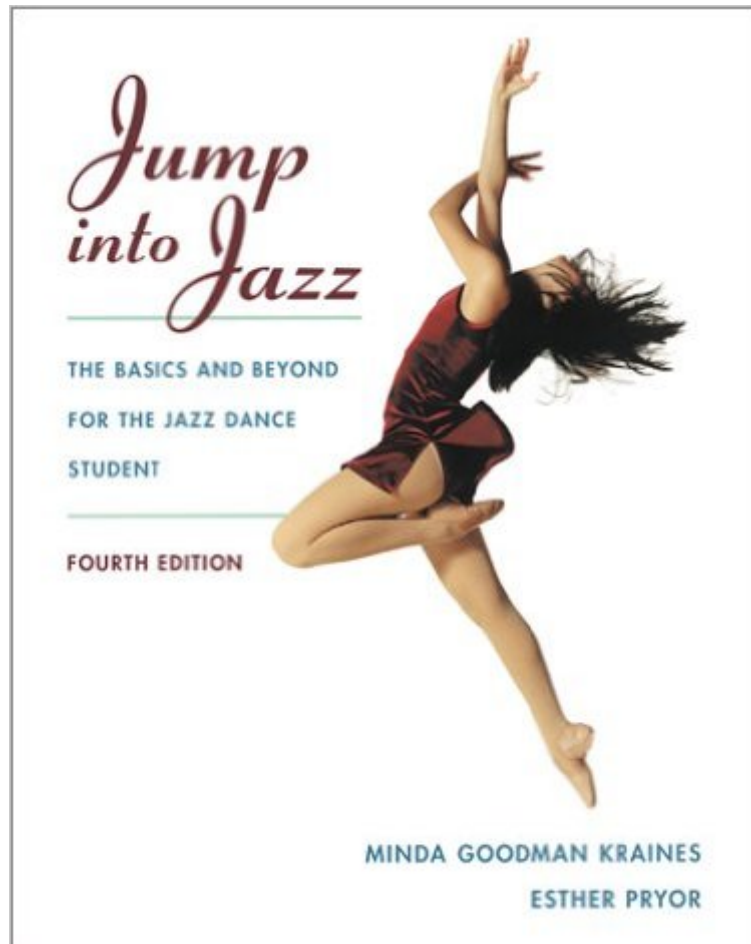


The book was found

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



## Synopsis

Written in an accessible, easy-to-read style, *Jump into Jazz* provides students with well-illustrated descriptions of all basic jazz steps and movements and 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 and avoid injury.

## Book Information

Paperback: 240 pages

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Product Dimensions: 7.4 x 0.5 x 9.1 inches

Shipping Weight: 14.9 ounces

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (18 customer reviews)

Best Sellers Rank: #812,513 in Books (See Top 100 in Books) #15 in [Books > Arts &](#)

[Photography > Performing Arts > Dance > Jazz](#) #173 in [Books > Textbooks > Humanities >](#)

[Performing Arts > Dance](#) #3895 in [Books > Arts & Photography > Performing Arts > Theater](#)

## Customer Reviews

I really do think it would be possible for a moderately to not at all agile reader to use this book to teach him/herself jazz dance. It covers all the basic moves, with very detailed diagrams and instructions. If you don't have the means or the access to take a jazz class, this is the book for you! It'll get you off the couch, show you how to express yourself through dance, and you'll be doing it correctly, without hurting yourself. For someone who is hesitating before taking a dance class for fear of looking foolish, get this book and be bold! If you're going to go down--go down in flames! (And it won't kill you. Really!) Dancing is one of the purest joys in life, and this book makes it accessible to everyone.

I teach jazz dance in a college setting and recommend this book for my students. *Jump into Jazz* breaks the art of Jazz dance down beautifully. I have found this book to be extremely helpful and concise. The illustrations are easy to understand, and the worksheets at the back of the book are a wonderful way for my students to test their understanding of the ideas presented.

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.

A fairly basic introduction to the art of Jazz dance. Its about as good as can be expected from a book to explain the form and motion of Jazz dance. It covers a general history of the evolution of jazz dance and how it has been influenced and influences other forms of dance and culture. The techniques in the book are well described and are easy enough to follow with the illustrations provided. I found the section on proper eating and possible eating disorders of particular interest considering that it is a problem within the dance community. It also goes into detail on muscle exhaustion and the processes by which can tone muscles and increase ones stretching ability. I must note that the resale value on the item through it actually quite good so I would recommend checking that out at the end of your course.

This is excellent for students as well as teachers. It goes through very detailed warmups, across the floor exercises and simple combinations. The steps are explained and illustrated. It's always focused on correct body placement and technique.

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.

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.

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.

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