



Jump into Jazz: The Basics and Beyond for Jazz Dance Students

Minda Goodman Kraines, Esther Pryor

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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.

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