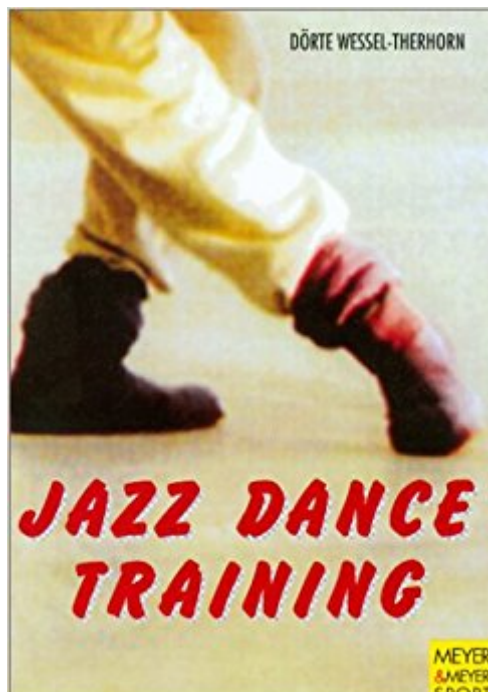


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# Jazz Dance Training



## Synopsis

Aimed at the interested amateur and professional as well as at workshop leaders, teachers and dancers, this book documents dance creation and jazz dance training according to the method of the renowned Swiss choreographer, Alain Bernard. It contains a short summary of the evolution of jazz dance from its roots in folklore to its modern status as a style of performance dance. In addition, the book provides descriptions of the anatomical functional basics for modern dance training and a comprehensive collection of exercises ranging from elementary to advanced. A section dealing with the use of music during training sessions and offering example elementary lessons and methodical sequences for the individual techniques is included.

## Book Information

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