



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

By 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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Editorial Review

About the Author

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.

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