

# Jump into jazz: A primer for the beginning jazz dance student



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著者:

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Preface  
Increased concern for personal fitness and a new dance attire in class  
etiquette and the basic structure of a class. Our introduction to jazz dance  
growing appreciation of dance have combined  
to increase the popularity of jazz dance classes. These continue with chapters on (lance  
posture and ballet classes are now offered at four-year universities for the  
jazz dancer and basic jazz dance. The chapter on dance posture defines correct posture and  
community colleges, adult schools, recreation centers, and health spas. presents a series of easy-to-do posture exercises.  
The appeal of jazz dance stems from its involvement. The ballet chapter explains basic

ballet movements  
 ment with energy: It is energy in motion  
 the jazz dance class and important ballet  
 Oibrant. Jazz .dance movements can be  
 sharp or techniques. A detailed exposition of a widely ac-  
 smooth  
 quick or  
 slow  
 exaggerated or subtle. Jazz cepted iazz dance vocabulary follows  
 including  
 dance ~anbe expansive leaps or contained turns  
 warm-ups  
 isolations  
 and locomotor moveinents  
 its movements can be performed  
 to a wide range specific to the style of jazz dance.  
 of music  
 in a variety of  
 moods. To help tile student put these basics together  
 Jazzisanexcilingform of  
 dance that can capture and dance  
 the succeeding chapters discuss basic  
 yourbody  
 heart  
 and soul. It can create in you a music theory as it applies to  
 dance; tile importance  
 desireio knowmore about its nlovements  
 dylanl- of  
 space  
 dynamics  
 and proiection as a mei  
 ms of  
 ics  
 styles  
 and  
 history  
 creating variety ill dance; and several dance tom-  
 Although interest  
 and participation in jazz dance binations for home or classroom study.  
 have  
 rapidly increased  
 information regarding the Dance is as much a demanding  
 physical acti~4ty  
 specifics of jazz dance has not been readily avail- as it is an art  
 form  
 and ever3 dancer needs to know  
 able to tim novice dancer: Jump into  
 Jazz attempts tile essentials of body maintenmme  
 In ~The Dancer s  
 to fill this  
 need by summarizing a substantial body Instrument: ~L tking Care of It  
 we  
 tltherefore discuss  
 of basic dance teclniques and prin(:iples  
 i  
 Ath  
 preventh  
 emetl-todsandth st aid fordanceinjuries  
 easy-to4oliow  
 examples and illustrations.We hope as well as nutriliunal insights for the dancel:  
 De-  
 it will serve as a guide for lb~~ beginning student tailed headings make this  
 clmpter a quick and easy  
 as well as ~ retcrence It)\  
 all lbose interested in jazz  
 reference.  
 danro Ill\  
 File Dancer s Next Step  
 we provide illfor-  
 ~.~. ~  
 hcgil~ ~xith  
 ...  
 th(~ll .I jazz dance s lively marion on additional  
 trairdrtgi  
 choreography (:o~l-  
 l.  
 i.  
 i  
 Owll (lei  
 ~(wibes appropri-  
 cepts  
 and the dance performance onstage ai Ld

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