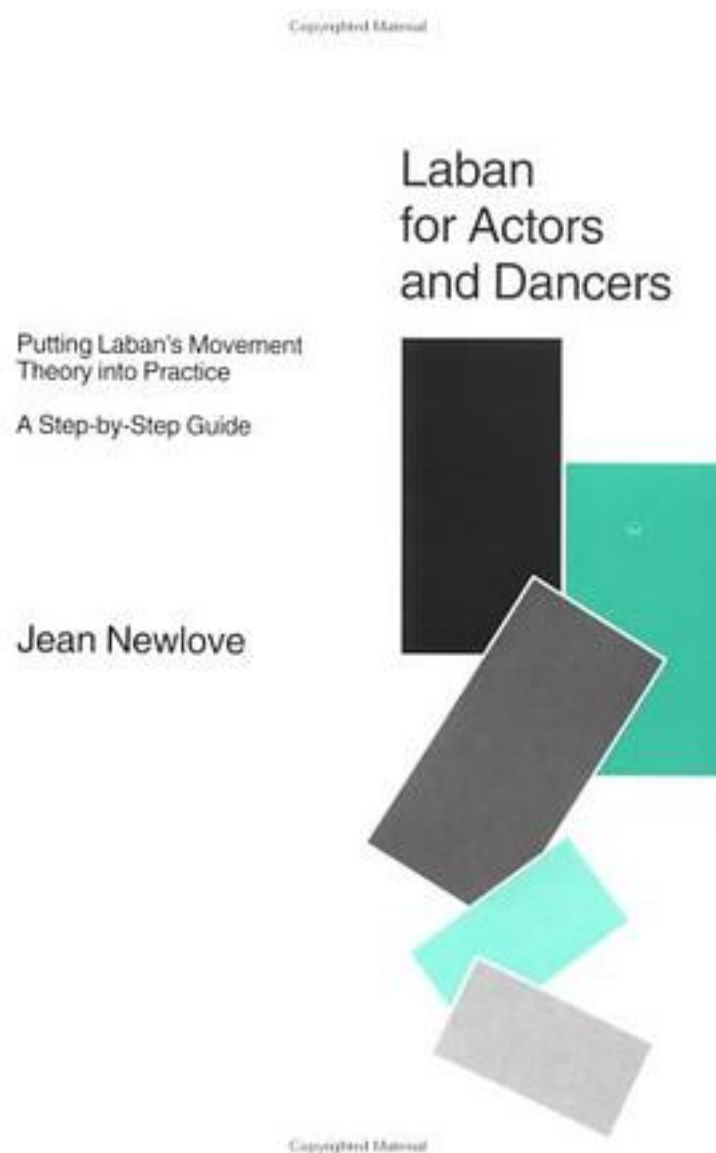


# Laban for Actors and Dancers



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著者:Jean Newlove

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A handbook complete with graded exercises for teachers and students wanting a practical introduction to Laban's famous system of movement. Rudolf Laban is to movement what Stanislavski is to acting. He devised the first wholly successful system for recording human movement, a system which is increasingly influential in the training of actors and dancers.

作者介绍:

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