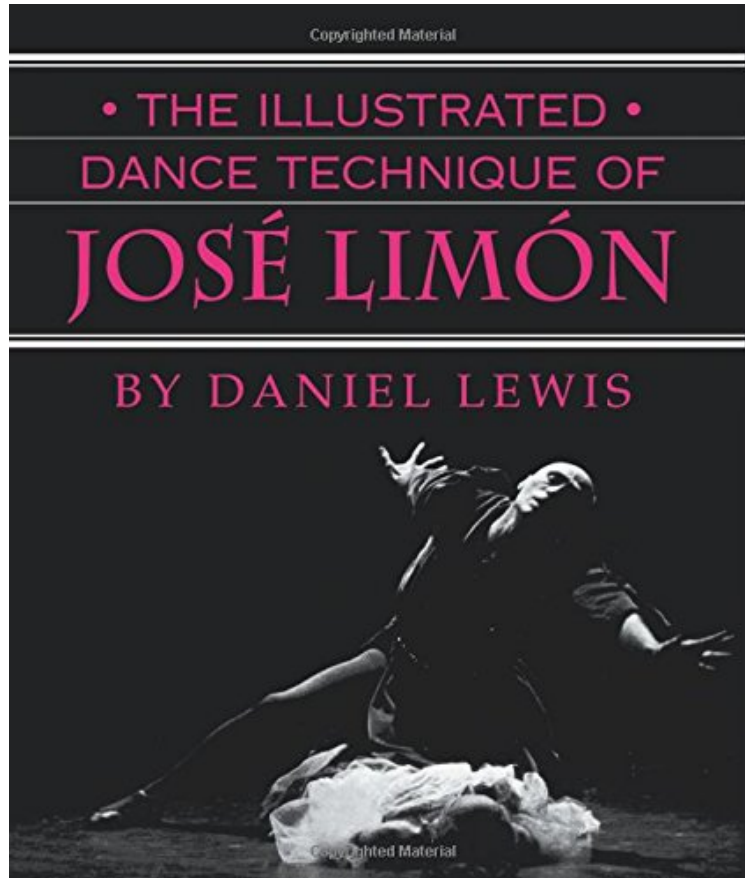



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The Illustrated Dance Technique of Jos Limn

Daniel Lewis

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Daniel Lewis : The Illustrated Dance Technique of Jos Limn before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Illustrated Dance Technique of Jos Limn:

0 of 0 people found the following review helpful. Five Stars
By Natasha
It's exactly what I was looking for
1 of 1 people found the following review helpful. glad i bought it
By S. CRAIG
the principles found in the beginning lend necessary insights into the exercises that follow; great for the creative mind.
7 of 7 people found the following review helpful. Beautiful book - mostly for dancers
By Annette Gaarden
This book is a true experience, but it is definitely not for beginners in dance.
I am a former dancer, now choreographer. The book gives you a more than well insight in Jose Limon's work and working-methods, and contains wonderful pictures. You get fascinated and humble the more you know about Jose Limon. The examples of exercises in the book is a valuable part of it. They are carefully written down, so you can follow them. If you can read notation there is a unique part with short pieces of choreographies. I really enjoyed to read the book. Limon's work comes even more alive and shows his unique technique. So if you are a dancer or have a good basic in dance, the book is highly recommended. It is one of those books you just want to add to your collection.

Providing the principles of dance developed by Jos Limn, this book gives the historical and physical aspects of his style and approach to dance that will be of interest to dancers, teachers, and students of dance at every level. It includes preparatory exercises that teach the fundamentals of dance, gives a breakdown of essential exercises, and includes a complete class beginning with floor work and progressing to center exercises and across-the-floor combinations.