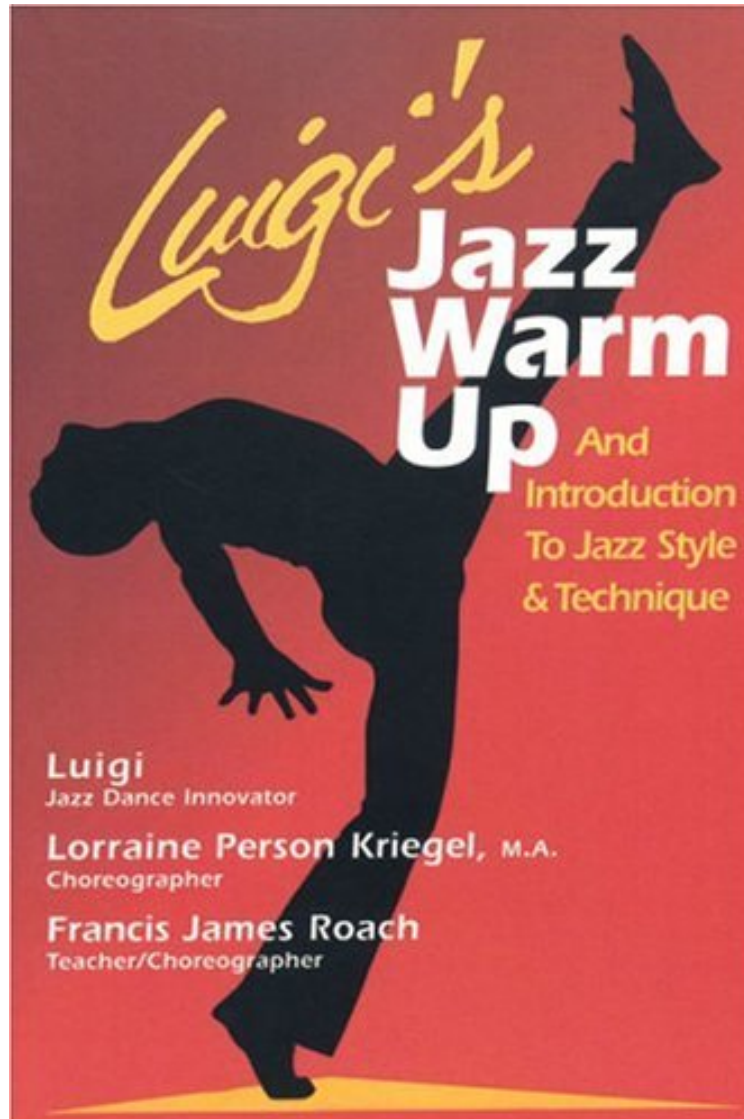


(Read ebook) Luigi's Jazz Warm Up: An Introduction to Jazz Style Technique

## Luigi's Jazz Warm Up: An Introduction to Jazz Style Technique

*Luigi, Lorraine Kriegel, Francis Roach*  
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**Luigi, Lorraine Kriegel, Francis Roach : Luigi's Jazz Warm Up: An Introduction to Jazz Style Technique**  
before purchasing it in order to gauge whether or not it would be worth my time, and all praised Luigi's Jazz Warm Up: An Introduction to Jazz Style Technique:

1 of 1 people found the following review helpful. BEAUTIFUL, AGELESS TECHNIQUE By clawlessThe Luigi Technique is both beautiful and therapeutic. You cannot hurt yourself doing Luigi's warm-up and feel so good afterward. The book is imbued with Luigi's spirit and clearly shows the warm-up. Luigi was still dancing the

combinations and teaching 12 classes a week at age 84. And that is because of his warm-up which helped recover him from his horrific accident. I recommend the book to everyone interested in dance.0 of 0 people found the following review helpful. The book was published about 20 years ago. The ...By storm puppyThe book was published about 20 years ago. The information in it was already "old" at that time. Anyone who had taken jazz or modern dance classes in the 60's had probably been exposed to some type of Luigi technique through their local dance teacher. This is an indication of Luigi's impact on the field of dance instruction, but there is no reason to buy the book. The illustrations of the positions and movements are line drawings in black and white. This makes it very difficult (if not impossible) for one to understand what to do. Now You Tube videos of dance instruction are ubiquitous. If the book were revised to contain a DVD, or marketed only as a DVD, it might have some value for the modern audience. But that is unlikely to happen, as Luigi has passed away. He was a giant in the field of jazz dance technique, having defined the field, and many dancers and actors benefitted from his training.1 of 1 people found the following review helpful. Wonderful stretching movements to help you become more flexible.By Pamela R RobertsHave had this on my wishlist since forever and no one ever got it for me so I ordered it for myself this year. I'm 68 now (would have been nice to have way back) but still believe in the method and expect great things from myself now that I have this. These are all warm-up movements, many done on the floor. My goal is to become more flexible I truly believe this will do the trick. Used this method a long time ago with great results.

For the beginning or intermediate student of any age, this complete body warmup also provides an introduction to Luigi's lyrical jazz style. Developed over a 45 year period of teaching, Luigi's pioneering method is based on anatomically sound principles, using center and floor work exclusively. He believes that students should learn how to support and control themselves totally from within and find the feeling of using space as a barre.