

[Library ebook] The Dance Workshop: A Guide to the Fundamentals of Movement

The Dance Workshop: A Guide to the Fundamentals of Movement

Robert Cohan

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Robert Cohan : The Dance Workshop: A Guide to the Fundamentals of Movement before purchasing it in order to gage whether or not it would be worth my time, and all praised The Dance Workshop: A Guide to the Fundamentals of Movement:

0 of 3 people found the following review helpful. A panoply of literary adulationBy Noodles PetmeckyI bought this book and now every night since I am the best dancer in the whole wide world several thousand people pay at least one thousand Euros to watch me dance for eight minutes. Now I am a multimillionaire many times over thanks to this book. I am going to retire tomorrow afternoon since I am so rich. If one of the neighborhood children cannot afford the cost of a college education, and they contract head lice, I am going to move since the cooties give me the creeps. Also, learning to dance releases hormones, which leads to certain biological processes and so forth.5 of 5 people found the following review helpful. Nicely illustrated and usefulBy Dr. Lee D. CarlsonThis book is an introduction to basic patterns and exercises in modern and jazz dance. It serves its purpose well, and the illustrations are effective in conveying to the reader the sequence of steps needed to do the exercises. The photographs also serve to inspire the beginning student of dance into what is possible in this art form. The author also gives the rhythmic timing in all the exercises, making it easier to pick music to accompany. Teachers will find it useful in lesson planning and as a reference.

Recommends a variety of exercises and stretches, covers balance, posture, gesture, rhythm, breathing, and movement,

and demonstrates basic, intermediate, and jazz movements.