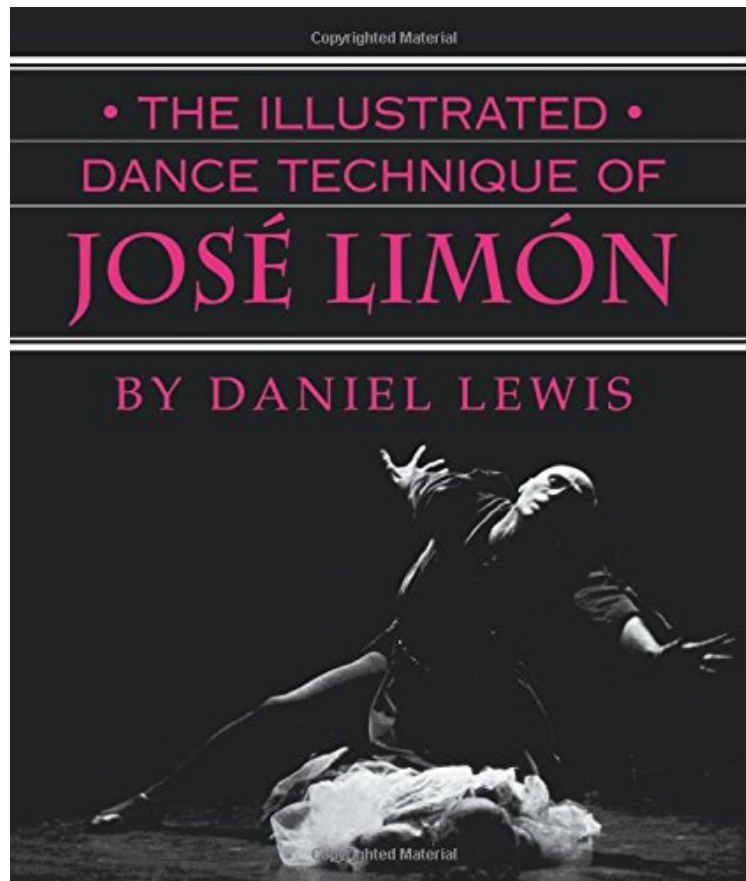


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The Illustrated Dance Technique of Jos Limn

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

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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.