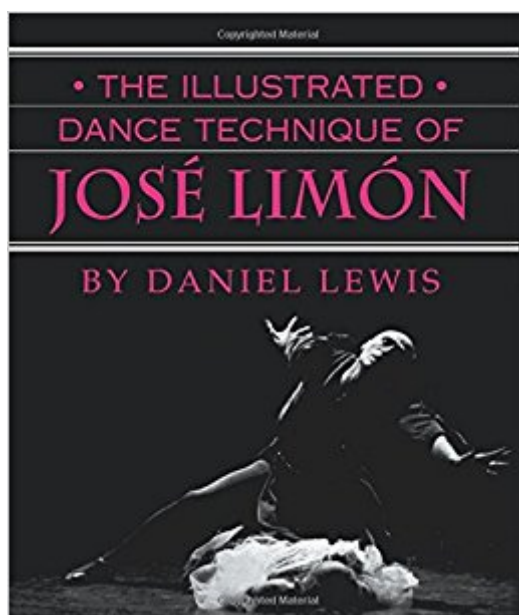


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# The Illustrated Dance Technique Of José Limón



## Synopsis

Providing the principles of dance developed by José Limón, 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.

## Book Information

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## Customer Reviews

“An excellent book and precise in its discussion of technique . . . respectful and affectionate in its treatment of the man.” — Agnes deMille

Daniel Lewis was a member of José Limón Dance Company from 1962 to 1974. He has staged works for such companies as Alvin Ailey American Dance Theatre, American Ballet Theatre, the London School of Contemporary Dance, and the Juilliard School. He lives in Miami, Florida.

It's exactly what I was looking for

the principles found in the beginning lend necessary insights into the exercises that follow; great for the creative mind.

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.

This book really shows the incredible skill of Jose Limon. I am a dancer and I really enjoyed this book because it clearly showed the technique of Jose Limon. I would suggest this book to any dancer because it really gives you new perspective on some types of movement. This book really made Limon's technique and movement come alive.

My dance teacher uses this syllabus in class and we all love it. The different levels of exercises are perfect, as we can build upon them each week. This is a very useful book.

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