



# The Illustrated Dance Technique of José Limón

*Daniel Lewis*

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## **The Illustrated Dance Technique of José Limón** Daniel Lewis

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.

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