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Dance Anatomy (Sports Anatomy): Amazon.co.uk: Jacqui Haas ...

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By Gérard de Villiers - Jul 08, 2020 ## Book Dance Anatomy Sports Anatomy ##, dance anatomy features 82 of the most effective dance movement and performance exercises each designed to promote perfect alignment improved placement proper breathing and prevention of common injuries

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Dance Anatomy features 82 of the most effective dance, movement, and performance exercises, each designed to promote perfect alignment, improved placement, proper breathing, and prevention of common injuries. In stunning detail, the accompanying illustration captures the dancer in motion and highlights the active muscles associated with each movement.

Dance Anatomy (Sports Anatomy): Greene Haas, Jacqui ...  
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