



## The Ballroom Dancer s Companion - Social/Club Dances: A Study Guide Notebook for Lovers of Social Dance

By Stephanie Smith

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Study Guide. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Dance training is not for the faint of heart. And not everyone who takes dance lessons becomes a great dancer. Therefore, if you are a serious dancer, you need an edge - an edge that comes in the form of this unique Study Guide and Notebook which will help you achieve your goals. Focusing on West Coast Swing, Hustle, Nightclub 2-Step, Salsa, Merengue, and Argentine Tango, this notebook provides you with a truly impressive array of study tools, all designed for Social/Club dancing: - Dance Goals Templates. Enjoy achieving your goals using a scientifically proven method of establishing milestones. - Dance Step Syllabus Reference. Easily reference the various Social/Club dance step syllabi and add your own personal variations. - Organized Lesson Notes. Record your notes for later reference in 26 useful lesson templates. - Capture Your Drills. Record technical drills critical to your dance success - Upper/Lower Body Drills, Arm Styling, Footwork, Turns and Spins, Balance Drills, and more! - Dance Patterns and Choreography. Record your dance patterns and choreographies in one place!...



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