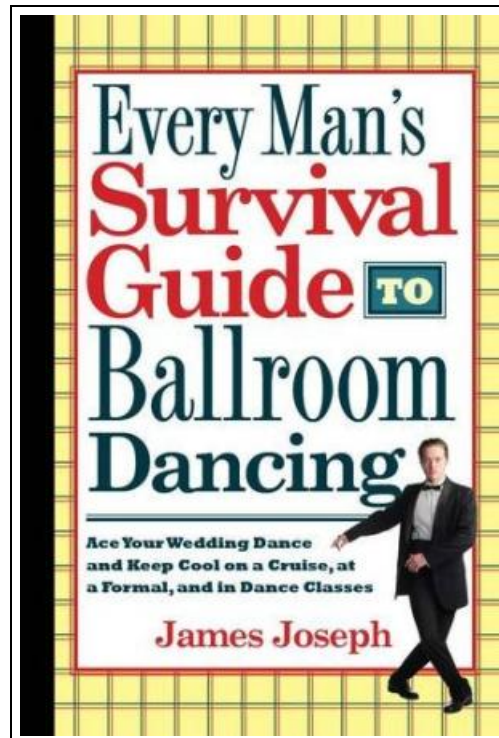


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Bluechip Publishers, United States, 2010. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Learn the basic principles common to all music and dance, enabling you to walk onto any dance floor and perform an admirable dance, with any partner, to any music, with confidence and grace. This book is for non-dancers, newbies and beginners. Part guerrilla manual and part cotillion handbook, this book is an insider s guide to social dancing: Learn a foolproof method for hearing the beat of the music Learn to count music (they don t teach that in dance classes) Learn the correct way to count step patterns (i.e., dance figures)Learn dance rhythm: single, double and triple rhythm, the building blocks of all dancesLearn three simple rhythm patterns (i.e., the pattern of weight changes) that will get you through any song Learn the basics of leading and followingLearn slow dancing, survival dancing, surviving the wedding dance and how to fake a dance17 easy exercises (most you can do without a partner)Free instructional video clips at ihatetodance.comWhether you fear dance, can t dance or hate to dance; or whether you re rhythmically challenged or just new to dance; or whether you ve finished dance classes more confused than when you started, this book has the tools a guy needs to know to make his partner happy. (Ladies, despite the title, 95 of the book s content will help you too.) PUBLISHER S NOTE: This book does not teach specific dances. It s a foundation book focusing on the basics. It s a book to read before your first dance class or if you re struggling through your first year of classes. What you will learn is the rhythm pattern for 18 common partner dances because knowing the...



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