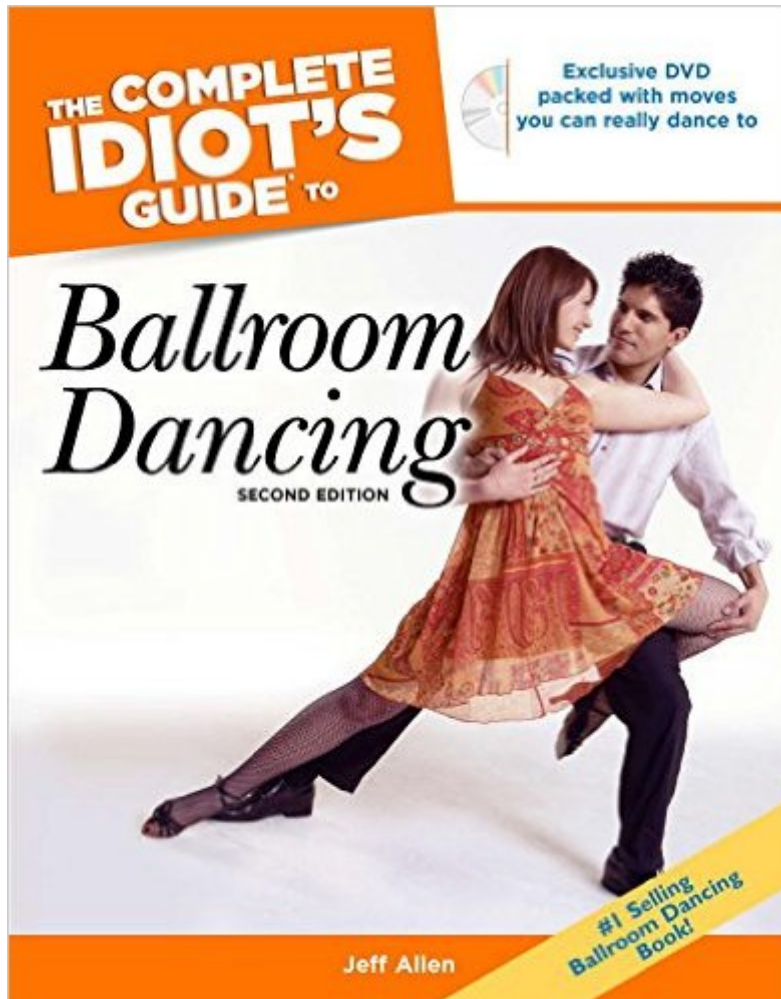


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# The Complete Idiot's Guide To Ballroom Dancing



## Synopsis

Ballroom dancing is back! And now anyone can move like a pro. DVD included! In addition to the step-by-step photos, footwork illustrations, and instruction covering all the common ballroom dances, this new edition of the bestselling Complete Idiot's Guide® to Ballroom Dancing includes a 90-minute instructional DVD featuring award-winning dancer and dance instructor Jeff Allen. It corresponds with the text seamlessly, giving readers the next best thing to one-on-one instruction, at a fraction of the cost. • The #1 selling ballroom dancing book • Includes a fantastic, new instructional DVD and hundreds of illustrations and instructions • Allen is a renowned, award-winning ballroom-dance teacher

## Book Information

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Best Sellers Rank: #822,723 in Books (See Top 100 in Books) #37 in Books > Arts &

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## Customer Reviews

I am not amused when reviewers without experience in a "How To" topic slash out at a fabulous book like "Complete Idiot's Guide to Ballroom Dancing" by Jeff Allen when they haven't taken the time to read and absorb its material. There is a ridiculous review titled "Mediocre At Best" by a reviewer (generous categorization) named "Page Turner" as in someone who turns pages. This person can read a 300 plus page book in two days while comprehending all the nuances and idiosyncrasies of Ballroom & Latin dancing enough to say that, probably the best and most comprehensive book available on these subjects, is only mediocre. If there is any book out there on the subject that accommodates a student taking dance lessons better than The Complete Idiot's Guide to Ballroom Dancing I'd like to own it. The truth is, there isn't - this book is the finest and most accurate for the American style of dancing on the market place. It covers the beginnings of 11 dances and has a wonderfully compiled music CD for each dance. There is great information for

wedding couples and their families. The book has a terrific condensed history of Ballroom dancing as well as the structure and framing required for the beginner dancer. I thought it was a great idea to present to the beginner all the major things required of the individual to contribute to the couple to make the dance partnership work! The treatment and techniques of the dances themselves with plenty of photos showing the major positions of each dance figure come next. They are compiled in three sections - Smooth; Waltz, Foxtrot, Tango, and Viennese Waltz, then the Latin- Rumba (the foundational Latin dance), Merengue, Samba, Cha-cha, and then Mambo (substitute Salsa and for the beginner there is little difference!

The delightful premise of this book is to knowledgeably enter the enjoyable scene of social dancing with its "social, psychological and physical improvement of lifestyle." This it does! Anyone entering social dancing, and those having entered and not become competitively focused, can do well to buy this cleverly written book. Scattered throughout the text, Jeff very effectively uses logo-symbolized information boxes to add interest and pointed tips. Eschewing the usual foot diagrams for patterns, text and pictures do the job. The excellent introductory diagram of Line of Dance and the 11 dance music CD is arguably worth the cost of the book. Beginning with the history of the original "close" dancing position of partners, the author traces the evolution of ballroom dancing in a very unique way - the impact exerted by national economies, mores and wars. The ceremonial wedding dance is covered as the point of beginning for many people and it traces natural evolution from that point. Reasons to dance for men, women and the shy are given through to the relationship and foreplay factors. Physically and mentally meeting the challenges of ballroom dancing are listed, then music, timing, rhythm, movement and position. "The Plain Truth about Practicing, Expectations, and Prioritization" is a section not usually covered in dance books, but should be; the discussion of "Creating a Dance Couple" is quite germane to those not locked in a high-level partnership. The author approaches Waltz, Foxtrot, Tango, Viennese Waltz, Rumba, Merengue, Samba, Cha-Cha, Mambo, East Coast Swing, and Hustle very practically with descriptive text and pictures that do the job of getting you in the dance.

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