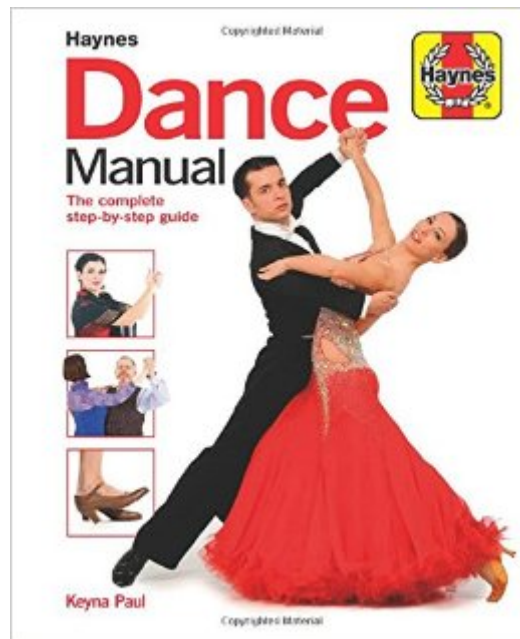


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# Dance Manual: The Complete Step-by-step Guide To Dance (Haynes Manuals)



## Synopsis

Dance has increased in popularity as a leisure activity during the past decade. It has now moved beyond the preserve of the young and fit and is gaining recognition as a way for everyone to gain and maintain physical health including losing weight, maintaining strong bones and improving posture and balance. In addition there is growing agreement that it offers a sense of wellbeing, through endorphin release, increased confidence and socialisation. According to the n's website more than 4.8 million people regularly attend community dance groups each year in England. Many more adults however would like to attend dance classes but do not for many reasons, including confusion about different styles and fear of looking foolish.

## Book Information

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