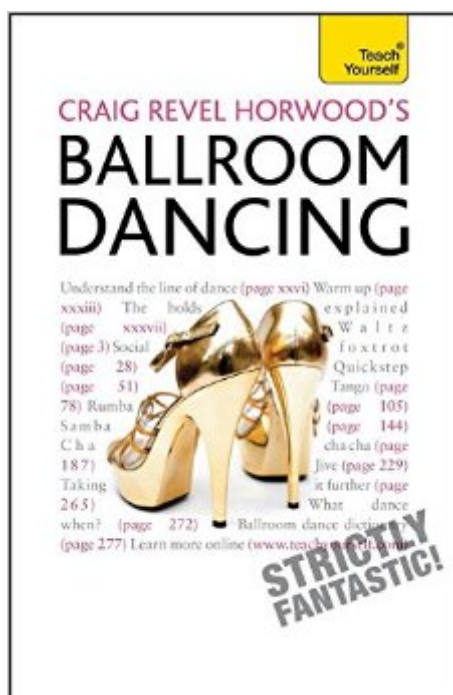


The book was found

Craig Revel Horwood's Ballroom Dancing (Teach Yourself)



Synopsis

Whether you are an absolute beginner, a Strictly Come Dancing wannabe or simply want a fun way to get fit, Craig Revel Horwood's guide to ballroom dancing offers something for everyone. Learn how to become a ballroom babe or a Latin lover as Craig shows you all the basic moves in a fun, lively and straightforward way. Easy-to-follow instructions and illustrations will help you to learn numerous dances, including the traditional foxtrot, waltz, and tango as well as the more modern mambo, rumba and samba. Each section of dance provides lots of suggestions for great music to strut your stuff to, with helpful tips from Craig to encourage you to practice until you have truly mastered your moves. Learn effortlessly with a new easy-to-read page design and interactive features: Not got much time? One, five and ten-minute introductions to key principles to get you started. Author insights Lots of instant help with common problems and quick tips for success, based on the author's many years of experience. Test yourself Tests in the book and online to keep track of your progress. Extend your knowledge Extra online articles to give you a richer understanding of the subject. Five things to remember Quick refreshers to help you remember the key facts. Try this Innovative exercises illustrate what you've learnt and how to use it.

Book Information

Series: Teach Yourself

Paperback: 352 pages

Publisher: Teach Yourself; 1 edition (July 30, 2010)

Language: English

ISBN-10: 1444102737

ISBN-13: 978-1444102734

Product Dimensions: 5.2 x 8 x 1 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

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