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The Ballroom Dancer's Companion - American Rhythm: A Study Guide Notebook for Lovers of Ballroom Dance (Paperback)

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 Cha Cha, Rumba, Swing, Bolero, and Mambo, this Notebook provides you with a truly impressive array of study tools, all designed for American Rhythm ballroom dancing: - Dance Goals Templates. Enjoy achieving your goals using a scientifically proven method of establishing milestones. - Dance Step Syllabus Reference. Easily reference the American Rhythm 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! An entire...



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Reviews

It is an awesome publication which i actually have ever read through. it had been written really properly and valuable. I found out this book from my i and dad recommended this pdf to discover.

-- Doyle Schmeler

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Brennan Koelpin