



## Every Man's Survival Guide to Ballroom Dancing: Ace Your Wedding Dance and Keep Cool on a Cruise, at a Formal, and in Dance Classes

By James Joseph (En

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 dances Learn three simple rhythm patterns (i.e., the pattern of weight changes) that will get you through any song Learn the basics of leading and following Learn slow dancing, survival dancing, surviving the wedding dance and how to fake a dance 17 easy exercises (most you can do without a partner) Free instructional video clips at [ihatetodance.com](http://ihatetodance.com) Whether you fear dance, can't dance or hate to dance; or whether you're rhythmically challenged or just new to...



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