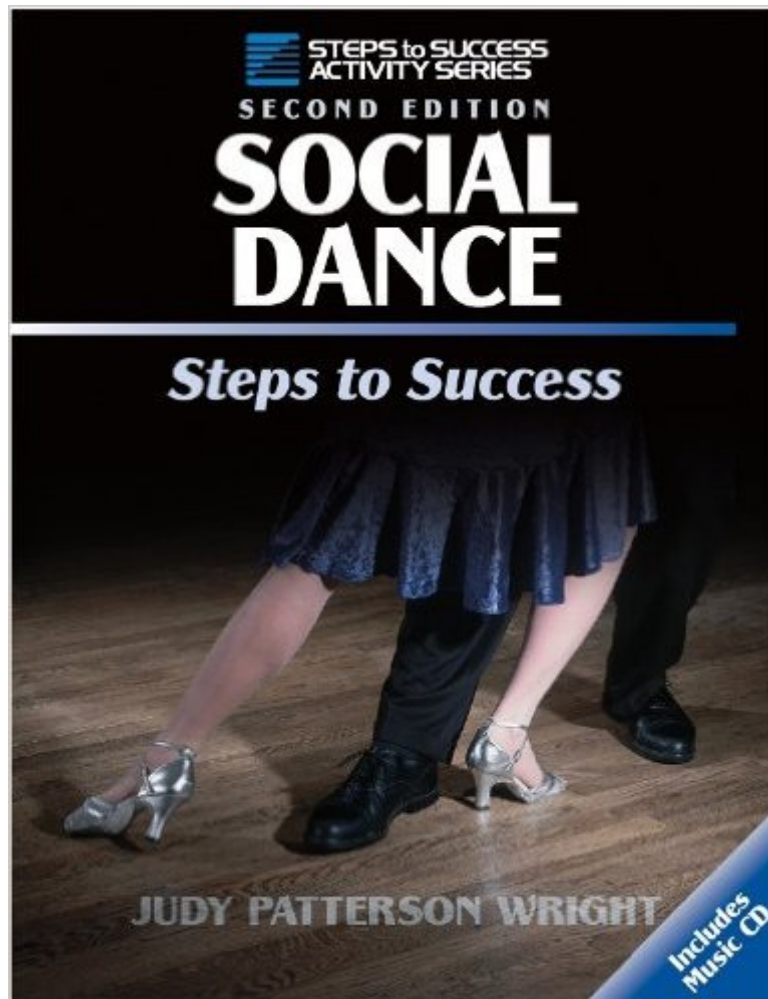


The book was found

Social Dance: Steps To Success, 2nd Edition (Steps To Success)



Synopsis

Move with grace and feel confident on the dance floor! "step by step! Social Dance: Steps to Success will teach you all the moves for eight popular dance styles:-Swing-Cha-cha-Foxtrot-Polka-Waltz-Rumba -Tango -Salsa/mambo Each step in the progression teaches you a new skill, then builds on those skills to develop creative dance routines. The first few steps provide a solid foundation of the basics to help you understand alignment, musical structure, and footwork synchronization with the music. As you progress, you will also learn how to lead and follow, move from one dance position to another, combine dance variations into sequences, and much more. Every step also explains why the concept or skill is important, identifies the keys to correct technique, helps you avoid common errors, and explains how to practice each skill. Written by master teacher and dancer Judy Patterson Wright, this book is part of the Steps to Success Series! "the most extensively researched and carefully developed set of sport skill instruction books ever published. Includes music CD! To help you practice, a compact disc is included that provides 19 tracks for training and practice. The first 8 are training examples (some with voice overs) for identifying the beat, measures, and highlighting general characteristics of selected social dance music. Tracks 9 through 19 include instrumental practice music (average 2 minutes each) for all 8 dances covered in the book. v

Book Information

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Customer Reviews

SOCIAL DANCE is written by a master teacher who has done a lot of research on her subject. The person who will benefit from using this book is not someone who is looking for an easy method to

learn a few dance routines. It is rather meant for the serious enthusiast who knows how to study a textbook and appreciates the value of long hours of practice. It will also be useful to those who already know something about swing, cha-cha, fox-trot, waltz and polka and wish to increase their social dance skills.

I liked this book because it presented around 8 or so dance steps for each dance. Other books present only 3-4 very simple steps, not enough to feel confident on a social dance floor. Its a little difficult for the absolute beginner since foot diagrams are largely missing for the more complex steps (its hard to follow written descriptions).

Judy Patterson Wright's SOCIAL DANCE STEPS TO SUCCESS, 2ND EDITION comes with a CD, appears in an updated edition, and provides step-by-step instruction for eight popular dance styles from swing and cha-cha to polka and tango. Each new step represents a fine transition from the prior one, and each step receives explanation of importance and technique. The disc features music for each style, for practice. Dance collections will relish this!

This book is NOT for the beginner dancer. That said, this book will help the intermediate dancer into the realm of the very good dancer - not only does it tell you "what"; it explains "why". The writing is good and the format is logical as dance is presented in a series of building blocks.

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