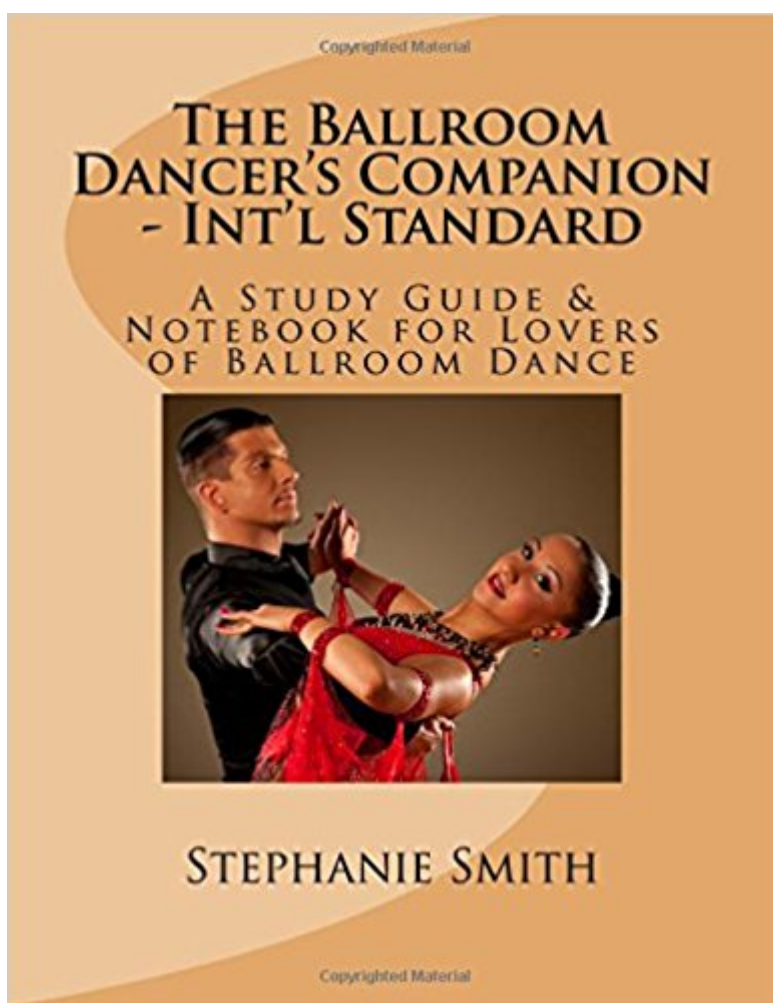


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The Ballroom Dancer's Companion - Int'l Standard: A Study Guide & Notebook For Lovers Of Ballroom Dance (Volume 3)



Synopsis

If you want to look like a Pro, you gotta study like one! 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 Waltz, Tango, Viennese Waltz, Foxtrot, and Quickstep, this notebook provides you with a truly impressive array of study tools, all designed for International Standard ballroom dancing: - Dance Goals Templates. Enjoy achieving your goals using a scientifically proven method of establishing milestones. - Dance Step Syllabus Reference. Easily reference the International Standard dance step syllabus 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 chapter is devoted to this topic, with both Dance Pattern and Choreography templates that will unleash the artist inside of you! - International Standard Dance Music. Finally, a place to note your favorite artists and songs in one place - categorized by dance! - Fashion Ideas. Let loose your inner designer and create a fashion masterpiece! - Ballroom Dance Resources. Whether at home, or on the go, jot down your favorite resources for future reference. The Ballroom Dancer's Companion is a highly effective training and retention tool in the world of dance. Use this tonight, enjoy progress tomorrow, and become the dancer you've always dreamed!

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Customer Reviews

Stephanie Smith is deputy director and chief curator at the Smart Museum of Art, an affiliate faculty member of the Department of Visual Art at the University of Chicago, and a founding member of its Open Practice Committee. She is an editor of "Afterall "Journal, to which she is also a regular contributor. She is the author of "Feast: Radical Hospitality in Contemporary Art" and "Beyond Green: Toward a Sustainable Art".

Love these notebooks, great info, organization, and easy to carry!

I must say that this is a finely done and very useful addition to the library of a ballroom dancer of any level, from new beginner to more advanced student to dedicated professional, particularly if one teaches, takes a lot of classes or private lessons or, as a great many really accomplished dancers do, all of the above. Dancing well is a time consuming, sometimes frustrating, but always rewarding activity that requires real commitment from anyone taking it up, and this book will serve well to track one's progress, record and follow the many drills and exercises, make sense of the never ending figures, steps, music and choreography that without such a system, can sometimes be overwhelming, but when properly managed, all really adds to the richness of dancing, which is why most take it up in the first place. Speaking from almost 30 years of vigorous and unrelenting obsession with ballroom, Latin and the last decade plus Argentine Tango, I give it my highest recommendation!!!! Kudos to Stephanie for such a great contribution!!!!

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