



Craig Revel Horwood's Ballroom Dancing: Teach Yourself

Craig Revel Horwood

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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.

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 authors' many years of experience.

TEST YOURSELF

Tests in the book and online to keep track of your progress.

EXTEND YOUR KNOWLEDGE

Extra online articles at www.teachyourself.com to give you a richer understanding of ballroom dancing.

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.

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