



## The Ballroom Dancer s Companion - Int l Standard: 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 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!
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