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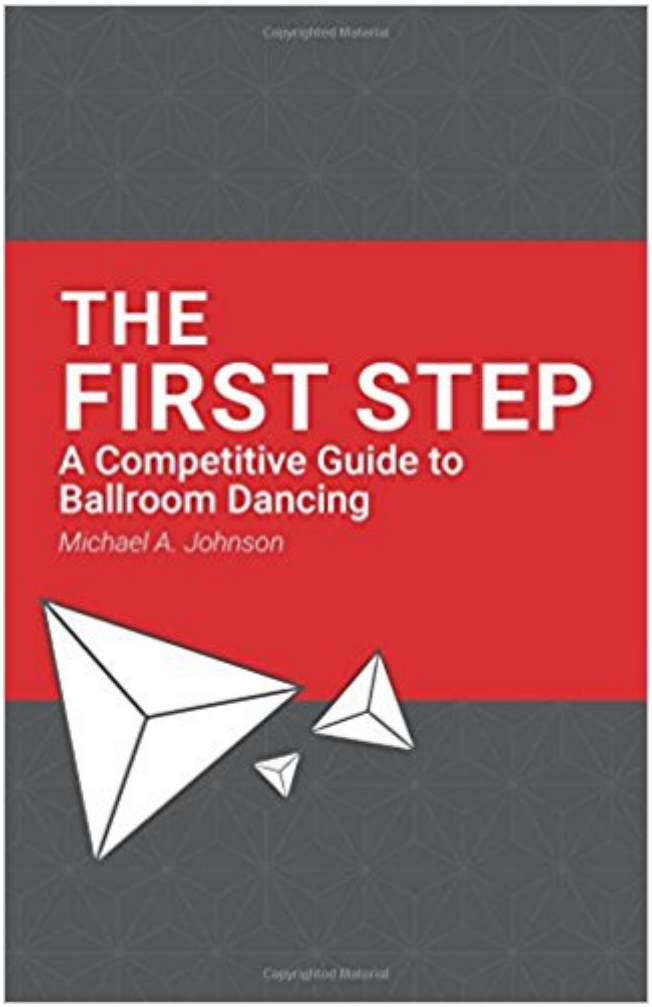
The First Step: A Competitive Guide To Ballroom Dancing



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Synopsis

Although there are many methods and approaches to beginning the path of becoming a serious ballroom dance competitor, this book goes into one possible approach to dancing and attaining a high level in ballroom dance. If you're new to ballroom dance or even looking for a new approach to upping your level and competitive abilities, this book is perfect for you. It covers basic elements such as terms and lingo and explains how to take your competitive dancing to the next level. This book covers topics including the tryout process, establishing and creating your partnership, effective practice methods, and a strategic journal to help keep you focused and on track. If this wasn't enough, it also includes strategies to improve your dancing at the fastest pace possible.

Book Information

Paperback: 270 pages
Publisher: CreateSpace Independent Publishing Platform (May 3, 2017)
Language: English
ISBN-10: 1546317007
ISBN-13: 978-1546317005
Product Dimensions: 5.5 x 0.6 x 8.5 inches
Shipping Weight: 14.6 ounces (View shipping rates and policies)
Average Customer Review: Be the first to review this item
Best Sellers Rank: #964,572 in Books (See Top 100 in Books) #18 inÂ Books > Arts & Photography > Performing Arts > Dance > Ballroom #76330 inÂ Books > Humor & Entertainment

Customer Reviews

Michael has been dancing since he was five years old and has been teaching for over 25 years. He is a registered and certified ballroom Adjudicator and an Examiner. As an amateur Michael won numerous events in Latin, Standard and Ten Dance. He has two US Swing titles and while competing professionally with his wife, he was a U.S. Professional Ten Dance finalist and a regular finalist in Professional Rising Star Latin and Standard. During his time competing as a professional, Michael was one of the top teachers in the United States winning multiple top teacher awards. Michael received a bachelor's degree from Brigham Young University where he also earned a scholarship to be part of their prestigious Ballroom Dance company. Michael has a love for working with people and helping them to attain their goals and overcome life challenges. Through the years he has studied and been certified in life coaching as well as becoming a certified NLP master practitioner. Michael has a long track record of training wonderful dancers to attain their peak and

maximize their capabilities. He coaches youth, amateurs and professionals in Latin, Standard and Smooth and has been privileged to train numerous top smooth professionals as well as four out of the last five amateur smooth champions.

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