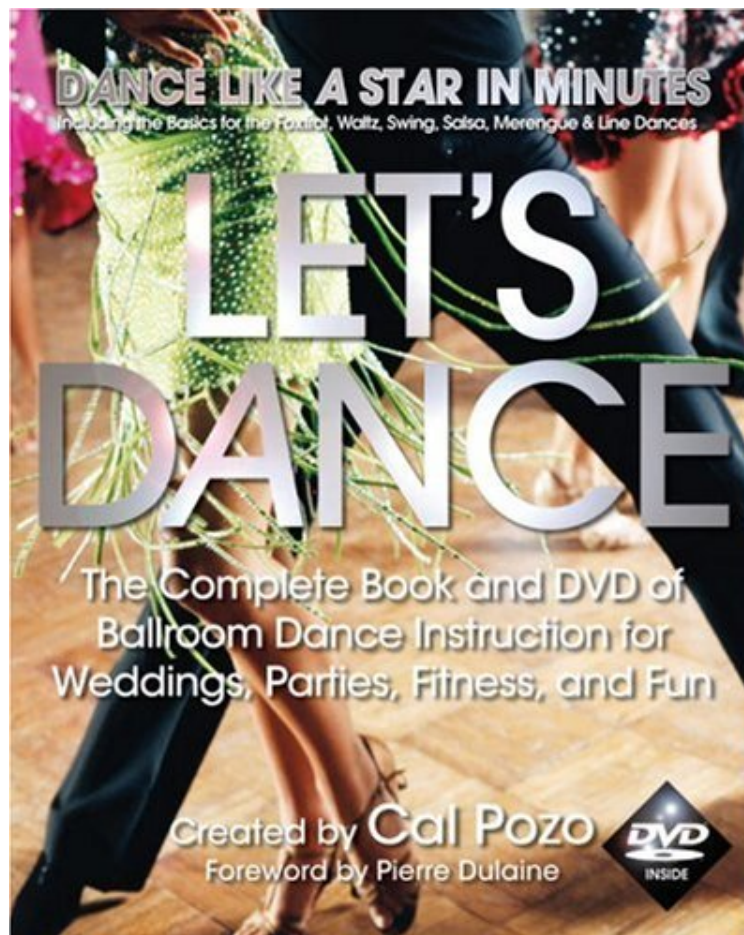


[Download pdf] Let's Dance: The Complete Book and DVD of Ballroom Dance Instruction for Weddings, Parties, Fitness, and Fun

Let's Dance: The Complete Book and DVD of Ballroom Dance Instruction for Weddings, Parties, Fitness, and Fun

Cal Pozo

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Cal Pozo : Let's Dance: The Complete Book and DVD of Ballroom Dance Instruction for Weddings, Parties, Fitness, and Fun before purchasing it in order to gauge whether or not it would be worth my time, and all praised Let's Dance: The Complete Book and DVD of Ballroom Dance Instruction for Weddings, Parties, Fitness, and Fun:

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On the DVD that I received with the book, there are many different dances. Each dance has a list of things that the dancer(s) wants to show you. Except, there is no video for those listed under Waltz. That is, no demonstration comes up. Just music.
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I am very pleased with the book. It is very helpful and easy to understand and follow.

Master any dance in minutes with the first major dance instructional book/DVD from Americas bestselling dance instructor Cal Pozo, director of the bestselling Dancing with the Stars Cardio Dance DVD and creator of the multi-platinum award-winning Learn to Dance in Minutes series, has taught more than three million people how to dance with his patented Reverse View method. Over the years, thousands of his fans have asked if he also had a dance instructional book. Here is the package theyve been looking for: an easy-to-follow, fun-to-watch book and DVD combination that gives the reader multiple angles and methods from which to learn. In addition to basic step patterns and rhythms, youll learn: -Smooth dances like the classic foxtrot, waltz, two-step, and tango-American rhythm dances like the Lindy and the hustle-Latin dances like the salsa, mambo, chacha, rumba, and merengue-Line dances like the Electric Slide, the Macarena, the Tush Push, and the Boot Scooting Boogie From the foxtrot to the Lindy hop, the merengue to the Macarena, youll learn how to identify each style of dance so that youll be prepared for any type of dance party. Whether youre looking to wow the relatives at your wedding, impress your boss at the holiday party, or get a spot on So You think You Can Dance?, Lets Dance! Weddings and Parties will have you moving and grooving, turning and twirling, and hopping and bopping with the best.

About the Author CAL POZO has produced and directed over 350 video programs, including the bestselling Dancing with the Stars-Cardio Dance DVD. Prior to his video production career, Cal was a Broadway dancer, teacher, choreographer, and ballroom dance champion. The author of three best-selling exercise and lifestyle books, he is also the host of the best-selling Cal Pozos Learn to Dance in Minutes video series. Currently the producer and director at Fitvid Productions, he lives in New York City. Excerpt. Reprinted by permission. All rights reserved. Introduction To many people even the idea of dancing, especially with a partner, is intimidating. Yet dancing has been a part of our lives even before we were born. While still in our mothers womb, we are constantly reacting to the beat of her heart. Whenever she moves or changes body positions, we frequently respond by adjusting ours. Then, long before our eyes open or focus, our nervous system is commanding our legs and arms to respond to sounds and movements it continues to perceive internally and externally. As our vision clears and we can make out the images of those who whistle, sing or baby talk to us, what do we do? We shake our limbs, we bob our heads, roll our eyes. We dance! There are many different forms and styles of dance. All of them share two common elements. One is a physical reaction to music we enjoy listening to. The other is the use of the body as a tool to communicate that enjoyment. When two people are able to merge those two common elements while following a sequence of predetermined steps and moves, theyre forming a rhythmic partnership. They are partner dancing. There are various forms of partner dancing. Each has its own levels of proficiency. Social dancing is the first level of what is traditionally known as ballroom dancing. Not all traditional ballroom dances fit into a social mode. Some need a lot of space to be danced correctly, something you wont find in most nightclubs or halls where weddings and other parties might be held. If after reading this book, you become inspired to go beyond the social level, youll have all the ingredients you need, because the fundamental elements are the same in social and competitive ballroom dance. Personally, Im thrilled to have the opportunity to bring dance into peoples lives. Dance has been a part of my entire life. My own first dance lesson took place when I was about ten years old in Havana, Cuba, my native country. My teacher was my familys best dancer, my father. At parties he was often called the mambo dancer. The many times I watched him dance with my mother remain the most memorable moments of my childhood. In much later years, when my parents would come to see me perform on stage or in ballroom dance competitions, they never ceased to give me pointers. Although I had progressed beyond the social level of dance, they were still the masters; they had the ability to communicate and express each others love for dance on the floor, the ability to have fun dancing even if all you know is a couple of steps. That ability is what distinguishes a good dance partner from an unforgettable one. Once you achieve that sense of communication between you and your dance partner, youll never want to stop learning more steps, techniques, and styles. Everything youll find in this book and its DVD is designed to get you started, to get your mind and body to think, Lets dance. But my real objective is to get you hooked on dancing because I know that once you know you can dance, youll want to continue learning. Youll never stop dancing.