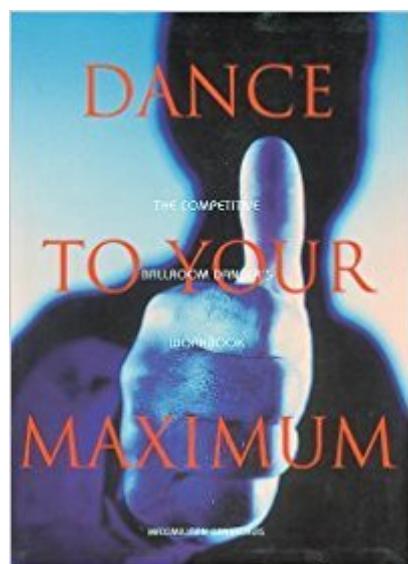


The book was found

Dance To Your Maximum: The Competitive Ballroom Dancer's Workbook



Synopsis

Book is divided into three sections: The Competition Day, The Season, The Dancer's Career.

Book Information

Paperback

Publisher: Dance Plaza (2001)

ASIN: B000I842SU

Package Dimensions: 8.4 x 5.8 x 0.7 inches

Shipping Weight: 12.6 ounces

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #1,844,482 in Books (See Top 100 in Books) #38 in Books > Arts & Photography > Performing Arts > Dance > Ballroom #143205 in Books > Humor & Entertainment

Customer Reviews

Book is divided into three sections: The Competition Day, The Season, The Dancer's Career.

It's a great workbook for the competitive dancer. Applies well researched principles. Goes into how to create good habits to reduce stress and how to plan to reach your best! Already reading his next book, which references this one. Worth the price as it's many coaching lessons at your fingertips!

I have not red this book yet but talked to coaches and dancers who red it. They all seemed to like it and highly recomended it. I was looking at to buy it but they don't have this in stock.. Unfortunate..

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The Ballroom Dancer's Companion - American Rhythm: A Study Guide & Notebook for Lovers of Ballroom Dance (Volume 2)
The Ballroom Dancer's Companion - International Latin: A Study Guide & Notebook for Lovers of Ballroom Dance (Volume 4)
The Ballroom Dancer's Companion - Int'l Standard: A Study Guide & Notebook for Lovers of Ballroom Dance (Volume 3)
Lance Laguna's Dance! Dance! Dance!: Master Six Ballroom Dances (Miniature Editions)
Popular Dance: From Ballroom to Hip-hop (World of Dance) (World of Dance (Chelsea House Paperback))

Ballroom!: Obsession and Passion inside the World of Competitive Dance So, Do You Think You Can Dance?: A Journey and Guide Through The Life and Career of a Professional Ballroom Dancer The Ballroom Dancer's Companion - Social/Club Dances: A Study Guide & Notebook for Lovers of Social Dance (Volume 5) Lap Dance: The Ultimate Guide to Being the Best Exotic Dancer (The Ultimate Exotic Dancer Package Book 4) Every Man's Survival Guide to Ballroom Dancing: Ace Your Wedding Dance and Keep Cool on a Cruise, at a Formal, and in Dance Classes How to Dance: Learn How to Line Dance, Belly Dance, Ice Dance and More Yes. You CAN Ballroom Dance!: Exactly What You Need To Know, In Plain Language (Couples Therapy, Couples Dance, Healthy Relationships) Popular Dance: From Ballroom to Hip-Hop (World of Dance (Chelsea House Library)) Dance Anecdotes: Stories from the Worlds of Ballet, Broadway, the Ballroom, and Modern Dance Ballroom Dancing: Master The Art of Ballroom Dancing The ULTIMATE Guide To Ballroom Dancing for Colleges and Universities: A Ballroom Dancers SECRET FORMULA Ballroom Dancing: Get on the Floor with Four Classic Ballroom Dances - and Add a Touch of Flowmotion Magic

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