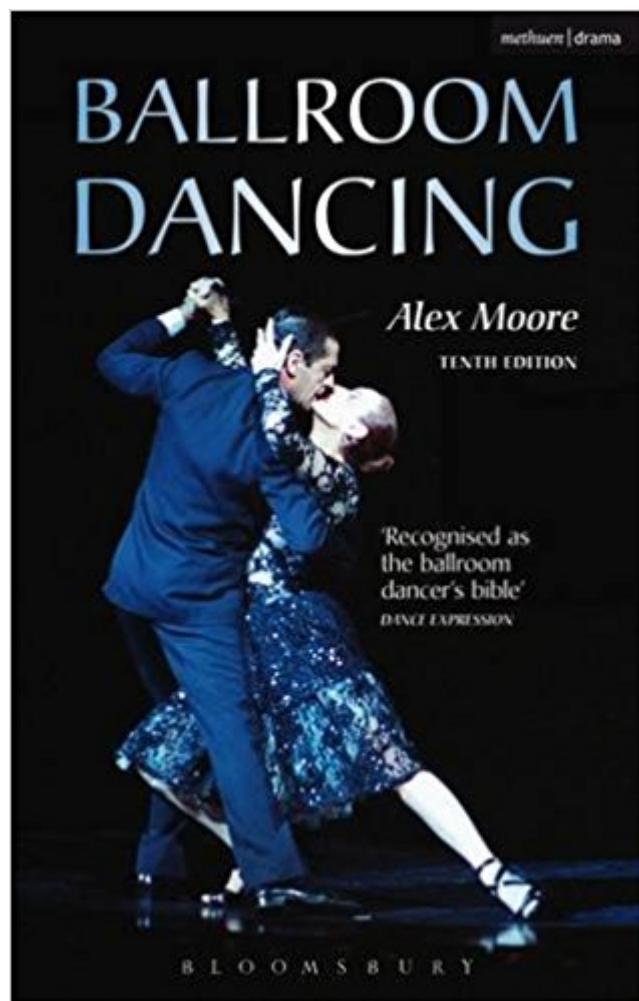


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# Ballroom Dancing, 10th Edition



## **Synopsis**

Now in its tenth edition, this classic and comprehensive handbook has been revised to bring it up to date in keeping with changes on the dance floor and in the rules of dance competitions. The Quickstep, Waltz, Foxtrot, and Tango are all illustrated and described in great detail.

## **Book Information**

Hardcover: 320 pages

Publisher: Routledge; 10th edition (August 23, 2002)

Language: English

ISBN-10: 0878301534

ISBN-13: 978-0878301539

Product Dimensions: 1 x 5.5 x 8.5 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 45 customer reviews

Best Sellers Rank: #311,905 in Books (See Top 100 in Books) #8 in Books > Arts & Photography > Performing Arts > Dance > Popular #30 in Books > Arts & Photography > Performing Arts > Dance > Reference #25716 in Books > Humor & Entertainment

## **Customer Reviews**

"Recognised as the ballroom dancer's bible." - "Dance Expression

Alex Moore was President of the Imperial Society of Teachers of Dancing and Honorary President of the International Council of Ballroom Dancing.

I have long considered this book is the "Bible" of Ballroom Dancing. Although it mainly concerns International style (modern) dances, the technique contained therein is relevant to American style (smooth) dances as well. Any serious dancer involved in ballroom, country & western, round dancing, etc. should have a copy in their collection and consider this book their basic primer on technique and terminology for partner dancing, footwork, etc. I wouldn't waste money purchasing other books - however this one is essential.

A great reference for the ballroom enthusiast. You can see that the author really loves dance and he goes into great lengths to explain it, with a very technical approach that allows someone to picture steps that they have never seen. The diagrams showing the steps are also really useful to those

that are into learning. It isn't the easiest book for learning to dance, but I would recommend to everyone that wants to take ballroom seriously.

I've found this to be a critical part of my ballroom education, both reinforcing the instruction I receive from my classes and prepping me to better receive instruction. I use this like I would a college textbook, reading the chapters on the dance I'm about to learn in class, taking the class, and then going back to re-read the chapters in the book. I've found that the nebulous terms used in instruction like Contra Body Movement, Body Flight, and dance lines/curves, are all explained in detail in this book, providing instruction in two different voices (the book and my dance teacher) to help me comprehend and apply these theories in my dancing better. I've actually noticed a drastic improvement in my dancing since studying this book. I've also enjoyed learning the how to lead (I'm female and usually following) from this book, as learning the mens part helps me become a better follower when dancing with a variety of leads. I would highly recommend this book as a supplement to a structured dance program. I don't think it would be easy to learn to dance with only the use of this book, but by combining it with the practical instruction of a qualified teacher, this book is an amazing resource.

This is a "how to" book, not a book to read (strictly) for pleasure. And not just A "how to" book; it's the bible (not just my opinion by a long way). I found Moore's explanation of "contrary body movement" (called "contra body movement," or sometimes simply "contra," in the United States) particularly helpful. He also points out right at the beginning that it's more important to understand why certain actions occur in dancing than it is to memorize the technical details. Another noteworthy feature of this book is that he devotes considerable attention in the first chapter to the walk. Suddenly, dance instructors are concentrating on the walk in the very first beginner class. But Moore anticipated them at least by a few years (this is the 2002 edition), and probably more than that. These insights into technique are a lot more important than teaching steps, which are not really that hard to learn (there are only a few ways the human body can move, and forward side close back side close doesn't require weeks of study and hard work to master). If you want to learn dance figures, a syllabus volume is the way to go--though Moore's descriptions of the patterns he does include are good. And Moore's book won't replace a good dance instructor (Moore isn't there to tell you "No, not that way, this way."). But this book can help quite a bit to clarify what your instructor says.

An excellent book for those who have some background in International Ballroom (Standard) dancing as the information is very valuable however can be misunderstood by those with no or very minimal experience. Really a good read for upper Bronze and Silver dancers, and for review of higher levels of dance.

Recommended by our instructor. A reference book, not a "how-to" book. Good for focused review following a lesson.

Among the many manuals and manuscripts on international standard ballroom dance, so far, this one appears to offer the greatest value. If you are a casual American standard dancer, the book is a nice reference should you wish to compare and contrast International and US standards. There are also some fine details regarding technique, CDMP, footwork, weight changes, in various figures that you might apply to your dance. All ballroom dance instructors should have a copy of this dance resource. This book is to the ballroom dance teacher what the "little brown handbook" is to the English teacher.

For serious ballroom dancers, this explains steps and amalgamations, with clear diagrams. Even though I'm a social dancer, I want to know the proper steps and body movement, and this explains it well. Makes it easier when taking private or group classes, when you know a master's view.

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