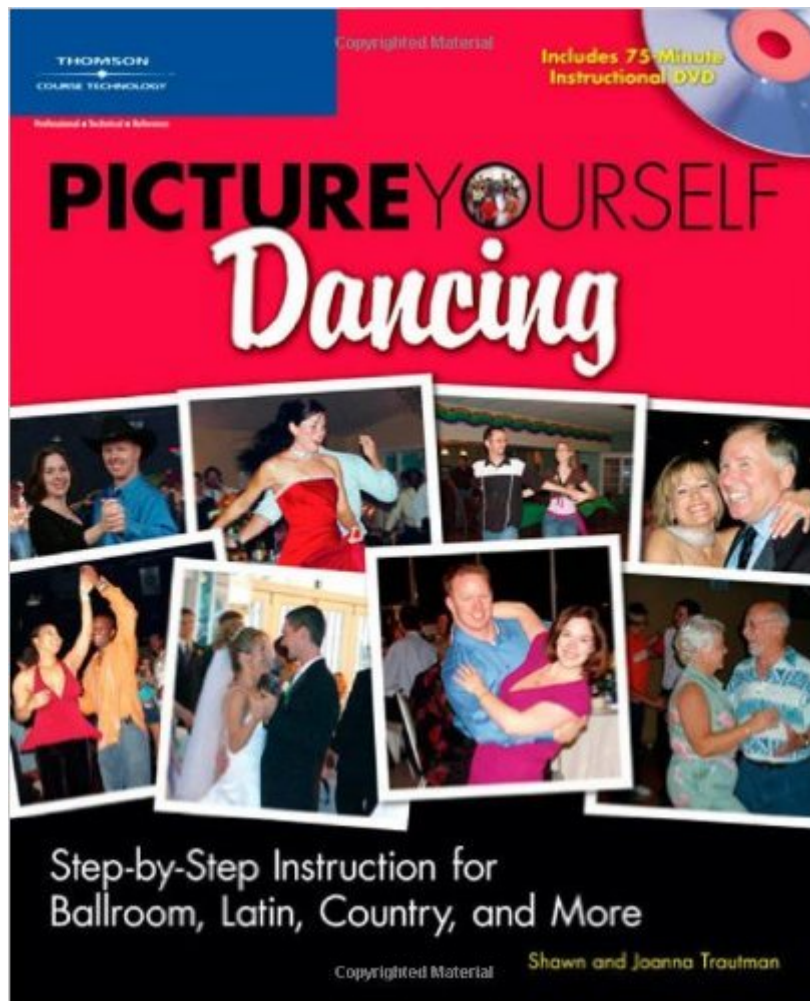


The book was found

Picture Yourself Dancing: Step-by-Step Instruction For Ballroom, Latin, Country, And More



Synopsis

Picture yourself floating across the floor to an elegant waltz or spinning past your partner to the driving beat of a West Coast Swing. Visualize yourself maneuvering your partner around the dance floor to an upbeat Two Step or gracefully enjoying your first dance together at your wedding. If these images left you saying to yourself, Wow, that sounds great, but what does a waltz look like? or, I'll never be able to remember all of those steps!, then prepare to see yourself in a whole new light. Picture Yourself Dancing is full of easy-to-follow, visual examples for a variety of dance styles. From the upbeat steps of country dancing to the elegant moves of ballroom classics, this book will help you perfect your moves and strut your stuff on the dance floor with confidence. The accompanying DVD is full of 75 minutes of instructional video to help you easily visualize each dance that is covered in the book.

Book Information

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Customer Reviews

I have one of the DVD's made by Mr. Trautman and thought I would try the book. The book breaks down all the popular dances out there and makes them easy to do and follow. It has helpful hints on teaching the men how to drive and the women how to follow. It even has clues on what to wear when you go into any of the dance clubs. The book even comes with one of the great Trautman DVDs so it is a true bargain! Great book for the beginner and intermediate dancer.

Read this book and you will feel like you are ready to dance with the stars! These instructors teach the dances in detail with pictures and they lead practice sessions for each dance on the DVD. Their professional approach makes it easy to learn a variety of steps. I like the video included with the book so much that I am now planning to buy some of the other dance DVD's produced by these instructors. It looks to me like this book and anything from the Trautman series of dance videos will be perfect for holiday gifts this year!

Picture Yourself Dancing is a perfect partner for the Learn to Dance Series of DVD lessons offered by Shawn and Joanna Trautman. These professionals provide a logical approach to learning all of the dance steps. In this book, they include a comprehensive history of each dance, as well as step-by-step instructions for the dances. The video included with the book shows you the way each dance should look and it helps you to develop your own individual dancing style. I recommend this book to anyone who is interested in learning the total dance "picture". The vivid action photos and suggestions for dance attire inspire you to actually imagine yourself on the dance floor. Buy this book for anyone who loves to dance or who would like to learn, and include it as a companion to the Shawn Trautman Learn to Dance Series of DVD's!

I have a little dance back ground but my husband to be has 2 left feet. He's a very analytical and logical learner whereas I am a visual learner. This book was perfect. It explained the how's, what's and why's of dancing. It teaches how to lead and follow in the simplest way. Along with the video it was the best way for my husband and I to learn how to dance for our wedding- and we looked great on the dance floor!! Great book for the beginner dancer!

Great literature on the history of dance. Great word discriptions on the steps but no foot pattern diagrams. The enclosed DVD is Couples Ultimate Dance Sampler which I already own. The DVD's are very good. All of the dances covered in the book are in one or the other of their several DVD's. If you have the DVD's you don't need the book

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