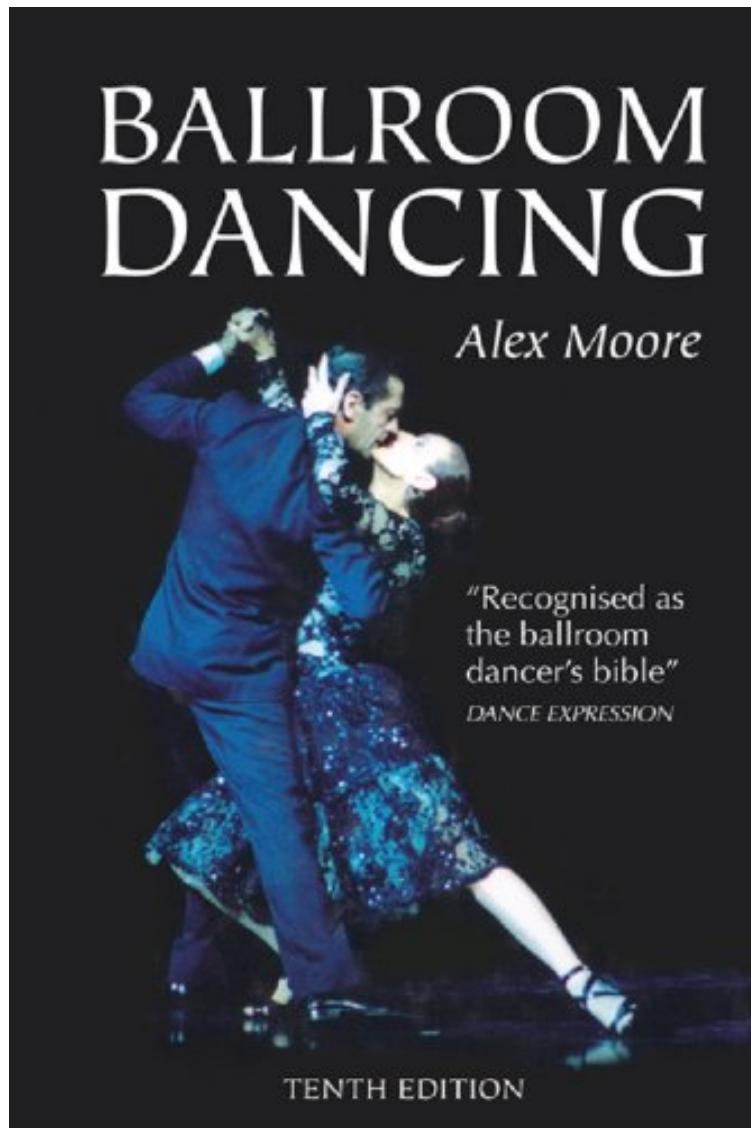


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## Ballroom Dancing

*Alex Moore*  
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**Alex Moore : Ballroom Dancing** before purchasing it in order to gage whether or not it would be worth my time, and all praised Ballroom Dancing:

2 of 2 people found the following review helpful. The Bible of Ballroom DancingBy Allan SchultzI 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.0 of 0 people found the following review helpful. A great

reference for the ballroom enthusiast

By Daniel Santos Ferreira Alves

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.

7 of 7 people found the following review helpful.

Great Ballroom Technique Book

By Jessie

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.

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.

"Recognised as the ballroom dancer's bible."

"- Dance Expression About the Author

The late Alex Moore was President of the Imperial Society of Teachers of Dancing and Honorary President of the International Council of Ballroom Dancing. He had teaching and lecturing experience in countries all over the world, including Europe, Japan, Australia, and North America.