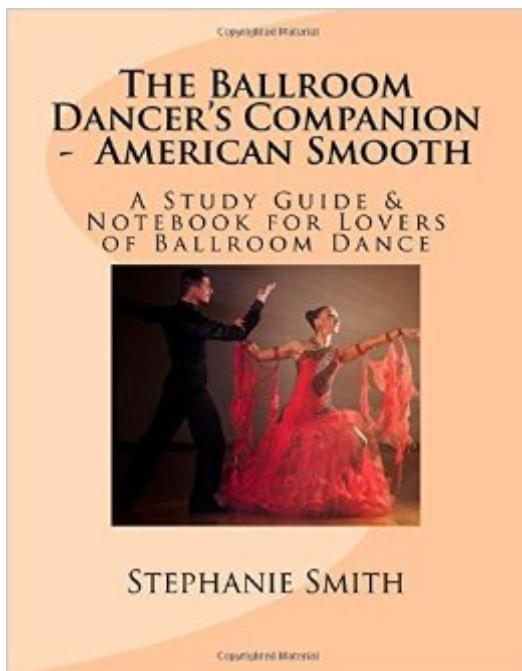


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# The Ballroom Dancer's Companion - American Smooth: A Study Guide & Notebook For Lovers Of Ballroom Dance (Volume 1)



## Synopsis

If you want to look like a Pro, you gotta study like one! Dance training is not for the faint of heart. And not everyone who takes dance lessons becomes a great dancer. Therefore, if you are a serious dancer, you need an edge - an edge that comes in the form of this unique Study Guide and Notebook which will help you achieve your goals. Focusing on Foxtrot, Waltz, Tango, and Viennese Waltz, this notebook provides you with a truly impressive array of study tools, all designed for American Smooth ballroom dancing:

- Dance Goals Templates. Enjoy achieving your goals using a scientifically proven method of establishing milestones.
- Dance Step Syllabus Reference. Easily reference the American Smooth dance step syllabus and add your own personal variations.
- Organized Lesson Notes. Record your notes for later reference in 26 useful lesson templates.
- Capture Your Drills. Record technical drills critical to your dance success - Upper/Lower Body Drills, Arm Styling, Footwork, Turns and Spins, Balance Drills, and more!
- Dance Patterns and Choreography. Record your dance patterns and choreographies in one place! An entire chapter is devoted to this topic, with both Dance Pattern and Choreography templates that will unleash the artist inside of you!
- American Smooth Dance Music. Finally, a place to note your favorite artists and songs in one place - categorized by dance!
- Fashion Ideas. Let loose your inner designer and create a fashion masterpiece!
- Ballroom Dance Resources. Whether at home, or on the go, jot down your favorite resources for future reference.

The Ballroom Dancer's Companion is a highly effective training and retention tool in the world of dance. Use this tonight, enjoy progress tomorrow, and become the dancer you've always dreamed!

## Book Information

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## Customer Reviews

Disclaimer: this review is based on a review copy. This book is an invaluable tool in changing how one thinks about dancing. Smith provides a number of tools for recording notes from lessons, setting goals, recording choreography, and so on. While this is common, she provides breakdowns of how to use these tools that provide a simple way to de-clutter thoughts about dance into useful, actionable information. While it is not an original concept, it is fantastic execution and usable by anyone from beginners to pros. I teach full time and am talking with my studio managers about basing some of our student records on Smith's work.

\$20.00 for what is really about 10 pages of text that I can get online for free. The rest of the book is a blank notebook. This is presented as a guide for a serious smooth ballroom dancer not a dance practice journal. Not worth it.

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