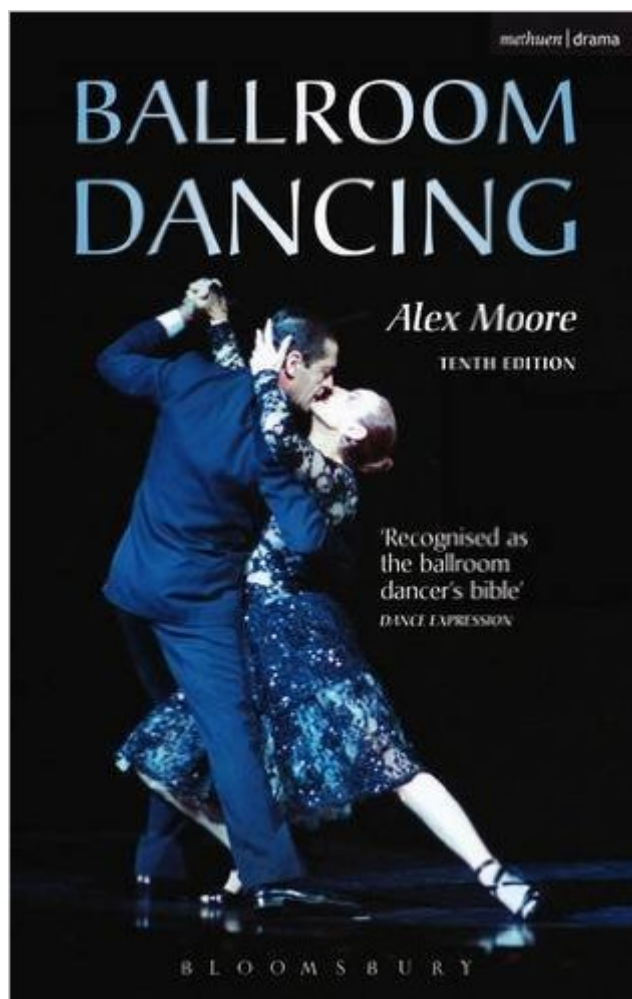


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# Ballroom Dancing, 10th Edition



## 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: 4.4 out of 5 stars [See all reviews](#) (39 customer reviews)

Best Sellers Rank: #411,121 in Books (See Top 100 in Books) #16 in [Books > Arts &](#)

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## Customer Reviews

This book is still available. You can either contact the publisher (A & C Black, London), or go to [-UK](#). This book is for serious International Standard dancers (American style is not covered). Six to eight basic figures are addressed for each of the four International Standard dances: fox trot, quick step, tango, and waltz. Each figure is minutely broken down into footwork, contra body movement, body sway, and amount of turn. My partner and I found Alex Moore's Ballroom Dancing to be an indispensable part of our practice routine. Please note, this is not a 'do it yourself' book. It will be most effective if used as part of a curriculum with an experienced teacher.

This book presents maneuvers that are very leadable. The lady can follow the man without knowing in advance what he will do. The very detailed technique is based on the bio-mechanical necessities of good dancing. It has been the most respected book on ballroom dancing worldwide for decades. It is useful for teaching yourself without a teacher, if you are a serious student. It covers international style, which has some figures in common with American style. Where they diverge international sticks to leadable figures, American to showy figures.

A new version of this book is actually available through the ISTD. It is a very helpful book, with thorough charts for all the standard dances. There is also a comparable book for Latin.

When buying this, I didn't realize that it was the 4th edition. The 10th edition is actually available at under this ISBN: 0-87830-153-4 . Anyone interested in ballroom dancing should really be buying the most recent edition.

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 book was last (maybe still) available from A and C Black, Pub. Ltd., Howard Road, Eaton Socon, Huntingdon, Cambs, PE19 3EZ in England. They accept major credit cards and ship immediately. The book is the absolute best I've ever seen. Nothing on the market comes close. It is invaluable for serious ballroom dancers

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.

As a professional teacher (Di Marsh) with my own studio in Tasmania (Heals & Souls Danceworld) , I can attest to its value as an excellent and informative publication for beginners, competition dancers and student professionals. All tuition is from the maestro himself, Alex Moore, and the book easily lives up to it's reputation as "the ballroom dancer's bible", with not only interesting information for everyone but diagrams to enhance the teaching. I highly recommend this product for all who have the slightest interest in ballroom.

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