

Ballroom Dancing

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Introduction

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The aim of this book is to teach the basic rudiments of Ballroom and Latin American Dance. Steps, Modules and Routines will be covered with the aid of written tutorials and photographs.

*The idea is to work through each dance routine using the provided elements 'step by step'. The dances can be mastered
In any order.*

First read the tutorial of the dance you wish to learn. Each dance is laid out with the 'Leaders and Followers' steps listed separately in easy to follow sections or 'SETS'. Study the text and photographs provided to see the relevant foot, arm & body positions then select the relevant section on the DVD to see each routine in full and then broken down into SETS laid out in the text.

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We also suggest a CD for each dance you may like to purchase to provide some of the music required at the correct tempo. These CD's can be purchased at most leading music stores.

***NOTE:** Each of the dances mapped out are set in small basic routines (Amalgamations) and can be danced as laid out.*

*There are several required elements to be learnt in the Modern Ballroom Section: **Position of Feet, Step, Footwork, Alignment, Timing, Amount of Turn, Rise and Fall, CBM, CBMP and Sway.***

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*To simplify the dances at this level we have left out certain aspects. In this manual we will only cover: **Position of Feet, Step, Footwork, Alignment & Timing**. This will enable you to get on the floor and strut your stuff sooner rather than later and you will still be looking great!*

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Remember, Rome was not built in a day so practice makes perfect, some descriptions may not be self evident in the text alone so you will need to use the text and photographs to get the full picture. Directions on the dance floor are mainly used with the Ballroom dances (Waltz, Quickstep, Tango & Foxtrot) and to a lesser extent with the Latin dances (Rumba, Cha Cha Cha, Samba & Jive).

Note: Dances that travel move around the dance floor as described 'anti-clock wise' at ALL times.