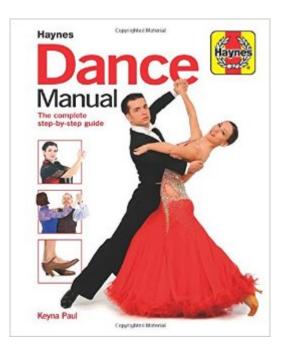
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Dance Manual: The Complete Step-by-step Guide To Dance (Haynes Manuals)





Synopsis

Dance has increased in popularity as a leisure activity during the past decade. It has now moved beyond the preserve of the young and fit and is gaining recognition as a way for everyone to gain and maintain physical health including losing weight, maintaining strong bones and improving posture and balance. In addition there is growing agreement that it offers a sense of wellbeing, through endorphin release, increased confidence and socialisation. According to the n's website more than 4.8 million people regularly attend community dance groups each year in England. Many more adults however would like to attend dance classes but do not for many reasons, including confusion about different styles and fear of looking foolish.

Book Information

Series: Haynes Manuals Hardcover: 192 pages Publisher: Haynes Publishing UK (September 1, 2016) Language: English ISBN-10: 1785210629 ISBN-13: 978-1785210624 Product Dimensions: 11 x 0.7 x 8.7 inches Shipping Weight: 1.9 pounds (View shipping rates and policies) Average Customer Review: Be the first to review this item Best Sellers Rank: #3,222,849 in Books (See Top 100 in Books) #61 in Books > Arts & Photography > Performing Arts > Dance > Ballroom #197 in Books > Arts & Photography > Performing Arts > Dance > Popular #238272 in Books > Humor & Entertainment

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