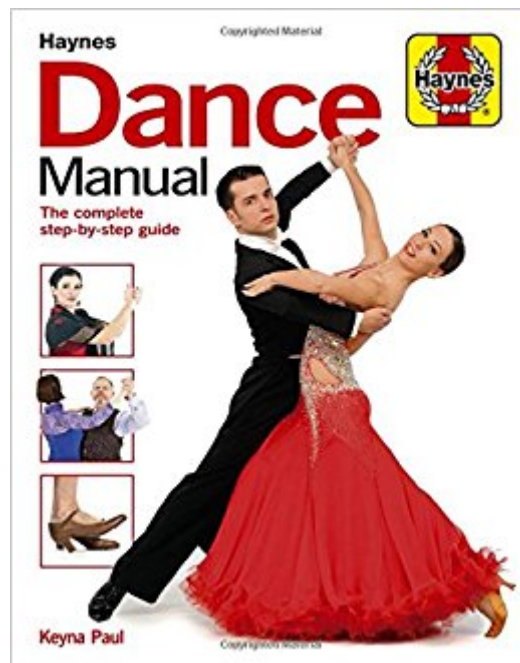




Ebook Directory
the best source of ebook

The book was found

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 (November 18, 2016)

Language: English

ISBN-10: 1785210629

ISBN-13: 978-1785210624

Product Dimensions: 8.5 x 0.8 x 11 inches

Shipping Weight: 1.9 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #3,269,510 in Books (See Top 100 in Books) #69 in [Books > Arts & Photography > Performing Arts > Dance > Ballroom](#) #200 in [Books > Arts & Photography > Performing Arts > Dance > Popular](#) #239218 in [Books > Humor & Entertainment](#)

Customer Reviews

Keyna Paul has worked in dance for over 25 years as a performer, choreographer and teacher. She has always been passionate about using as many routes as possible to get people dancing. To this end she produced 'THE NON-SPECIALIST SURVIVAL PACK' for primary school teachers which sold successfully internationally, led a dance organisation developing a skilled workforce of teachers in Lincolnshire and led on the Lincolnshire Dance4 Life programme working with Nottingham University to undertake a piece of research which clearly demonstrated the health and wellbeing benefits of dance.

[Download to continue reading...](#)

Dance Manual: The complete step-by-step guide to dance (Haynes Manuals) Men's Pie Manual: The complete guide to making and baking the perfect pie (Haynes Manuals) The Karting Manual: The Complete Beginner's Guide to Competitive Kart Racing - 2nd Edition (Haynes Owners' Workshop Manuals) Haynes Chevrolet Silverado GMC Sierra: 1999 Thru 2006/2WD-4WD (Haynes Repair Manual) Haynes Superbike Hardback Yamaha XJ600S (Diversión, SECA II) (Haynes Service & Repair Manual) Boeing B-17 Flying Fortress Manual (Haynes Manuals) Small Engine Repair Manual, up to and including 5 HP engines (Haynes Manuals) RMS Titanic Manual: 1909-1912 Olympic Class (Haynes Owners Workshop Manuals) Chevrolet Colorado & GMC Canyon 2004-2012 Repair Manual (Haynes Automotive Repair Manuals) M1 Abrams Main Battle Tank Manual: From 1980 (M1, M1A1 and M1A2 Models) (Haynes Manuals) Gravity Sanitary Sewer Design and Construction (ASCE Manuals and Reports on Engineering Practice No. 60) (Asce Manuals and Reports on Engineering ... Manual and Reports on Engineering Practice) US Army, Technical Manual, TM 9-2350-256-34, RECOVERY VEHICLE, FULL TRACKED: MEDIUM, M88A1 NSN 2350-00-122-6826, (EIC AQA), military manuals, special ... manuals on dvd, military manuals on cd, OBD-II & Electronic Engine Management Systems (Haynes Repair Manuals) Pontiac Firebird '82 thru'92 (Haynes Repair Manuals) BMW 1602 and 2002, 1959-77 (Haynes Manuals) Ford Pick-ups & Bronco 1980 thru 1996 2WD & 4WD Full-Size, F-100 thru F-350 Gasoline Engines (Haynes Manuals) Chevrolet and GMC Pick-Ups (1988-2000) (Haynes Repair Manuals) BMW 3 and 5 Series 1982-1992 (Haynes Manuals) Yamaha Trail Bikes 1981 thru 2003 (Haynes Owners Workshop Manuals (Paperback)) Volkswagen Bay Transporter Restoration Manual: The Step-by-Step Guide to the Entire Restoration Process (Restoration Manuals)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)