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The Ballroom Dancer's Companion - American Rhythm: A Study Guide & Notebook for Lovers of Ballroom Dance (Volume 2)

Stephanie Smith

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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 Cha Cha, Rumba, Swing, Bolero, and Mambo, this Notebook provides you with a truly impressive array of study tools, all designed for American Rhythm 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 Rhythm dance step syllabi 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 Rhythm 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!
- 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!

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