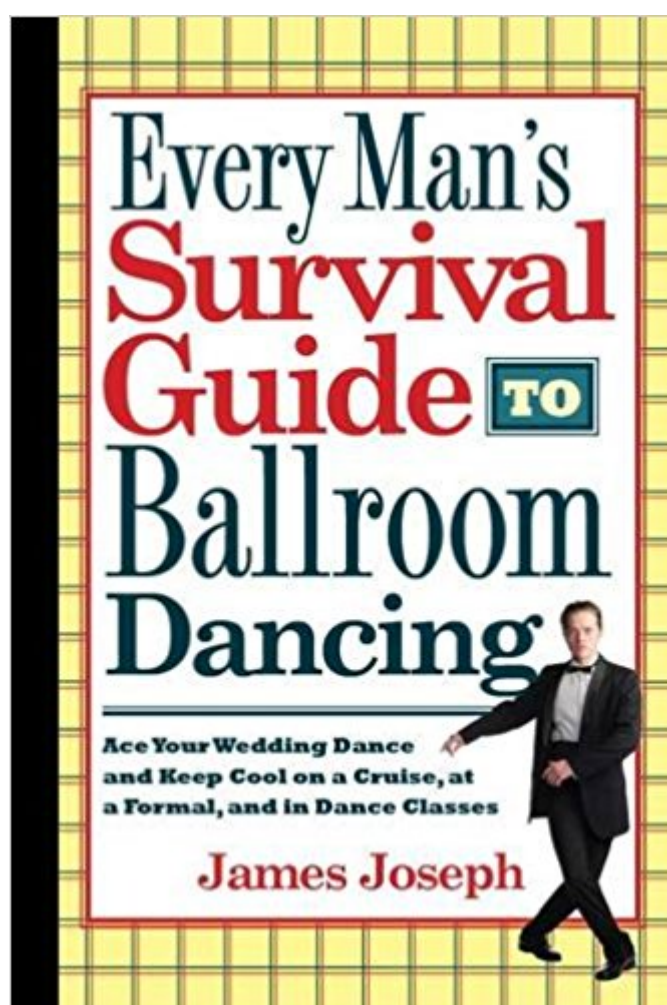


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# Every Man's Survival Guide To Ballroom Dancing: Ace Your Wedding Dance And Keep Cool On A Cruise, At A Formal, And In Dance Classes



## Synopsis

Learn the basic principles common to all music, rhythm and dance, enabling you to walk onto any dance floor and perform an admirable dance, with any partner, to any music, with confidence and grace. "This book is for non-dancers, newbies and beginners. Part guerrilla manual and part cotillion handbook, this book is an insider's guide to social dancing: Learn a foolproof method for hearing the beat of the music Learn to count music (they don't teach that in dance classes) Learn the correct way to count step patterns (dance figures--the fancy moves) Learn dance rhythm: single, double and triple rhythm, the building blocks of all dances Learn three simple rhythm patterns (the pattern of weight changes) that will get you through any song Learn the basics of leading and following Learn slow dancing, survival dancing, surviving the wedding dance and how to fake a dance 17 easy exercises (most you can do without a partner) Free instructional video clips at [ihatetodance.com](http://ihatetodance.com) Whether you fear dance, can't dance or hate to dance; or whether you're rhythmically challenged or just new to dance; or whether you've finished dance classes more confused than when you started, this book has the tools a guy needs to know to make his partner happy. (Ladies, despite the title, 95% of the book's content will help you too.) PUBLISHER'S NOTE: This book does not teach specific dances. It's a foundation book focusing on the basics. It's a book to read before your first dance class. What you will learn is the rhythm pattern for 18 common partner dances because that is something to know before the first class.

## Book Information

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## Customer Reviews

James Joseph "used to hate to dance. Learning to dance was a struggle. So he simplified the

process, which he explains in this book. He took his first beginners' class in 1984. Since 1996 he has trained under Skippy Blair, a Swing Dance Hall of Fame member, and who is considered by many the teacher of teachers. He's now a GSDTA certified dance instructor.

I started dancing a few months ago and this book has been a tremendous help I'd give it fifty stars for anyone who wants to learn to dance. In my beginners class, I am one of the top dancers, if not the top dancer, and this book is the main reason. Can't recommend it enough.

I had a weird introduction to the world of Ballroom dancing. Being raised white and Southern Baptist, rhythm was my natural predator. At 24 years old, I walked into a Fred Astaire dance studio for an introductory lesson and walked out with a job as an instructor. True story. The following year was chocked full of "survival" dancing. Now, I'm on my own as a private coach and this book is a "10/10 Must Have" for surviving on the dance floor - any dance floor. The exercises are phenomenal for laying a firm and powerful foundation for anyone, amateur or professional. Be bold, gentleman.

A great book for any man (or woman) who has experienced reluctance to go out on the dance floor. Not only does it provide the beginning dancer with answers to questions they didn't know they needed to ask, but it gives much needed encouragement and support. The author, tho now an experienced dancer, clearly remembers the beginnings of his dance career, and writes with empathy and understanding for those going through this stage. He provides an excellent analysis of music and movement along with practice exercises. Though a person can't learn to dance from a book, this provides an adjunct to classes where a person can learn in the privacy of his/her home, avoid the self consciousness that makes us lose our concentration, and learn to gain confidence as a dancer. In addition, the book is enjoyable to read. It is written with humor, warmth and a nonjudgmental relaxed attitude - all the qualities we need when we dance.

It's great read for beginners.

The best book for a beginner on ballroom dancing or one who wants to think it through and not simply feel the beat!!! Awesome! This author finally takes a dancer through the chaos of different dancing terms, steps, and references among the studios and teachers and makes real sense of it! This book will change your life in dancing!

This book is a must read for all beginning dance students! Realizing the structure of practically all music as 8 beat phrases and then correlating the beat with the proper steps or weight transfers, dancing finally makes sense to me! All the other books I've read have not defined this fundamental as clearly as this book. Easy and enjoyable to read too!

For over two decades, I've worked to learn dance. This book takes me back to the very basics of hearing the music and aligning to it. Then moving up from there with the body movements. In the short time I've had it, the Survival Guide has put me on a path to success. It has explained where I've gone wrong before and why. James Joseph's straightforward and practical learning exercises are leading me to results and confidence. The book's essence is about what is common to nearly all ballroom dancing. It's entertainingly written by pulling from his own experiences and his perceptions resonant with me. Having been about to embark on another round of lessons, I pulled up short. Until I get the intuitive, autopilot grasp of the basics, I'd be wasting my time and dealing with more discouragement on the dance floor. The book is written from a guy's perspective. Last evening I was speaking with several women and one put it well - she acts as the keeper of the beat for her husband when they dance. Maybe it is a guy thing, but the author's words and exercises will change this for me. For now, skip the dance lessons and DVDs - get this book.

James Joseph knows this topic well. This is something that is often missing from other such books, the really practical advice, e.g. for men to empty their right side trouser pockets before dancing. Great, must-read by all beginners.

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