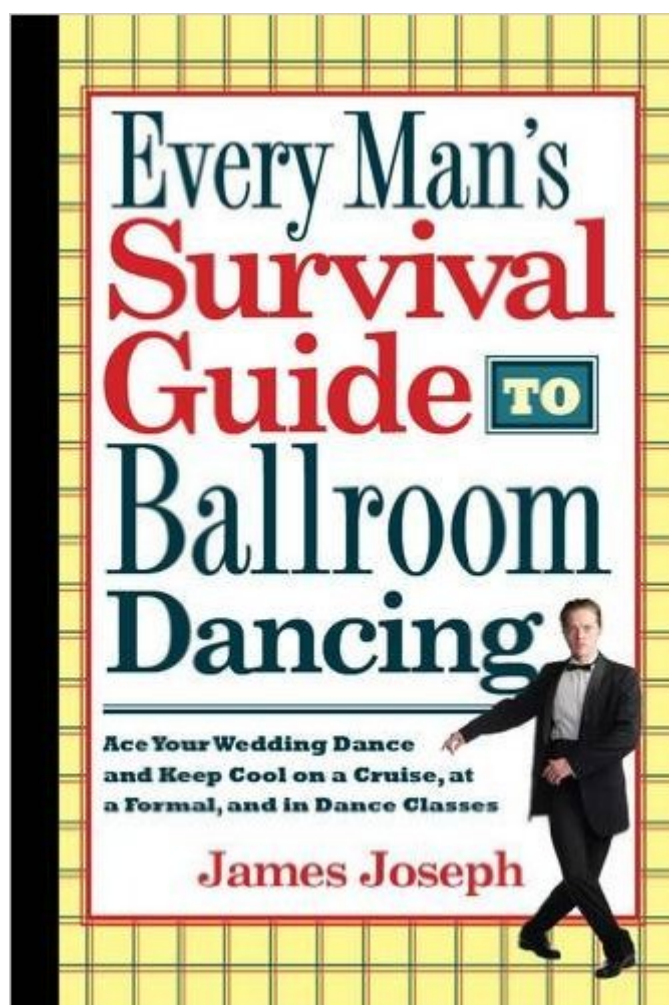


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# Every Man's Survival Guide To Ballroom Dancing: Ace Your Wedding Dance And Keep Cool On A Cruise, At A Formal, And In Dance Classes



## 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

Here's something new: a guide to dancing that doesn't pretend dancing is easy. That's the basic

idea behind James' Joseph's Every Man's Survival Guide to Ballroom Dancing. Joseph claims he is a recovering dance-phobe, but with his user-friendly rhetoric, step-by-step guides to various rhythm patterns (including charts and graphs), and kindly hints, one would think he has been dancing for years. Indeed, it seems he has, with a wealth of knowledge about the pursuit of learning how to dance. An extra bonus is his interactive website, [ihatetodance.com](http://ihatetodance.com), which provides videos and a continually updated blog to help out those with additional needs. It's also a very entertaining read, with quotes about dancing from the likes of Emmitt Smith, Herman Hesse, and Mr. Data from Star Trek: The Next Generation. What really makes this book a great read for the average schlub is that it is truly designed for those who do not dance and do not care to dance. It is to help those people get by, and in that sense, this book succeeds wildly. Joseph recognizes that most people do not have natural dancing ability. By emphasizing important concepts like rhythm and posture, Joseph is able to convince the reader that complicated choreography is not needed to woo a lady (or man, for that matter), and could possibly even be detrimental. The idea here is personal connection, or a partnership in dance rhetoric, and this is what dancing is supposed to create. This guide is not a key to dancing, but a key to connecting on the dance floor. For most guys, dance is an obstacle to finding a connection with that special someone. However, with this book, and a little confidence (which you might just get from reading this!), dance may begin to feel less like a chore, and a little bit more like foreplay.

All in all a good buy. Some of the explanations were a major revelation to one to whom the description 'two left feet' would be a wild overstatement of ability. In the course of a relatively long life I have never been able to get to grips with dancing, ballroom or any other type. In my youth friends gave advice like 'feel the beat', 'move with the music' etc. This was as useful as a chocolate teapot. Had I been able to do that I would have been dancing already. From evidence of YouTube videos etc I agree with author that many instructors have their own individualistic way of explaining dance. Some count musical beat, some count steps, some miss beats, some make verbal calls / descriptions, some attempt to describe musical pattern, they may alternate between methods. This could be because they have always been able to hear the beat intuitively and find it difficult to understand that others can not / explain. The book and associated videos cut through this confusion to demonstrate a universal method of counting beat. This is a major revelation for those of us to whom it does not come naturally. It was the first time I have come close to understanding the concept of staying in time with music. The author makes the important point that knowing a large number of steps [patterns] is not necessarily the sign of a good dancer. Identifying the beat and good

manners are more important. Having read the book I can now achieve the former with easy music. [I have always been able to manage the latter, at least for limited periods.] Complicated patterns require a couple who have practised together and recently. Socially one may often not know the standard of ability of one's partner in advance or have danced for some time.

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