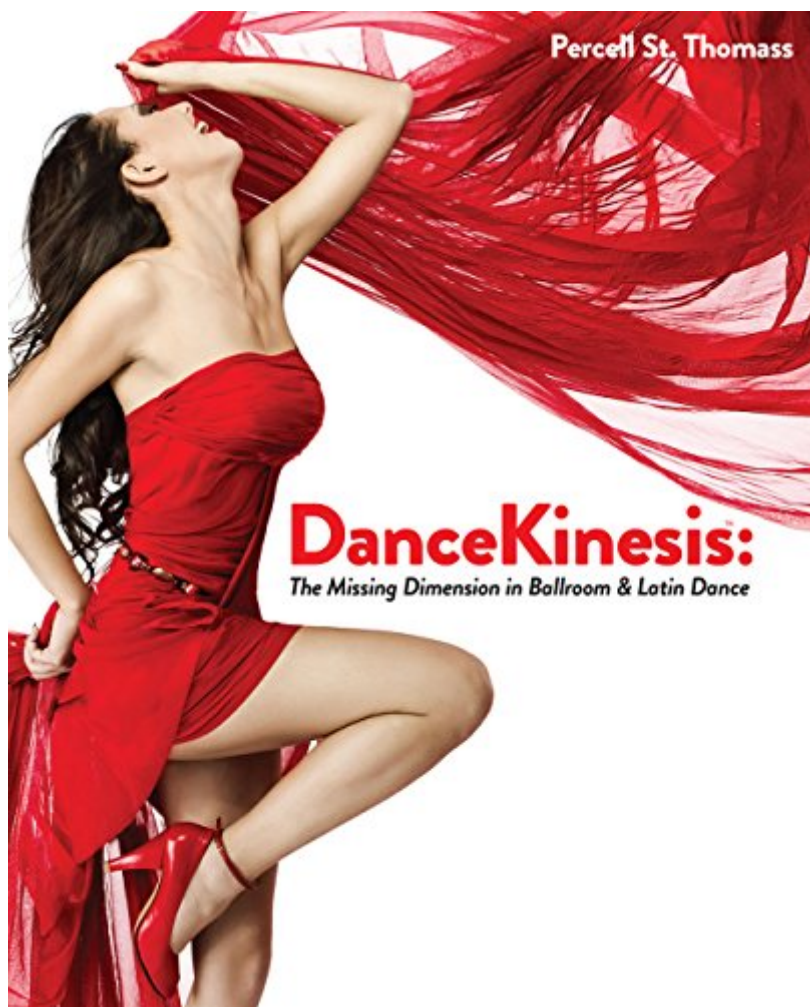


The book was found

DanceKinesis: The Missing Dimension In Ballroom & Latin Dance



Synopsis

DanceKinesis is the tried and proven world-class body, movement and dance training system created from the needs and desires of social and professional dancers worldwide. DanceKinesis turns the body's natural movement into dance, rather than forcing the body to dance through an ideology of prescribed steps, patterns and rule. Designed specifically for Ballroom and Latin dance, DanceKinesis uses the 7 Laws of Natural Movement and the 2 Natural Laws of Energy to teach the body how to create and shape movement within a specified time and space. Not only does this change the way we move, it completely changes traditional concepts of lead and follow, and how we listen to music and count rhythms. Over the past 25 years, we have set out not to prove our program, but to disprove it. Our finding...DanceKinesis works!

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Customer Reviews

for a beginner like me, this was easy to follow and very in-depth on various techniques and applications to the true form of classic and modern dance. i recommend this book to professionals and beginners alike, because it will share some true insight on style, origins of various forms and dance and give a fresh approach to bringing back the art. not to mention dance is one of most

enjoyable forms of exercise.

Excellent detail on technique and when to let go of technique

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