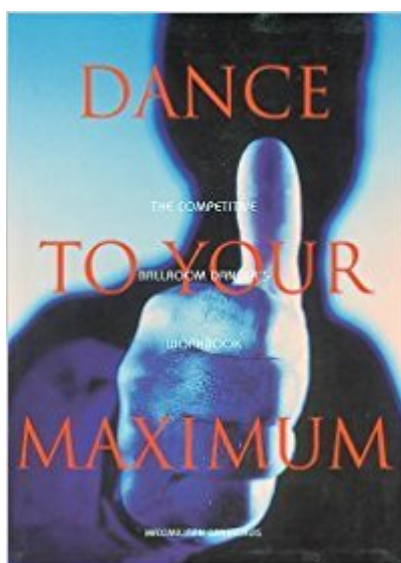


The book was found

Dance To Your Maximum: The Competitive Ballroom Dancer's Workbook



Synopsis

Book is divided into three sections: The Competition Day, The Season, The Dancer's Career.

Book Information

Paperback

Publisher: Dance Plaza (2001)

ASIN: B000I842SU

Package Dimensions: 8.4 x 5.8 x 0.7 inches

Shipping Weight: 12.6 ounces

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #1,844,482 in Books (See Top 100 in Books) #38 in Books > Arts &

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Customer Reviews

Book is divided into three sections: The Competition Day, The Season, The Dancer's Career.

It's a great workbook for the competitive dancer. Applies well researched principles. Goes into how to create good habits to reduce stress and how to plan to reach your best! Already reading his next book, which references this one. Worth the price as it's many coaching lessons at your fingertips!

I have not read this book yet but talked to coaches and dancers who read it. They all seemed to like it and highly recommended it. I was looking at to buy it but they don't have this in stock.. Unfortunate..

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