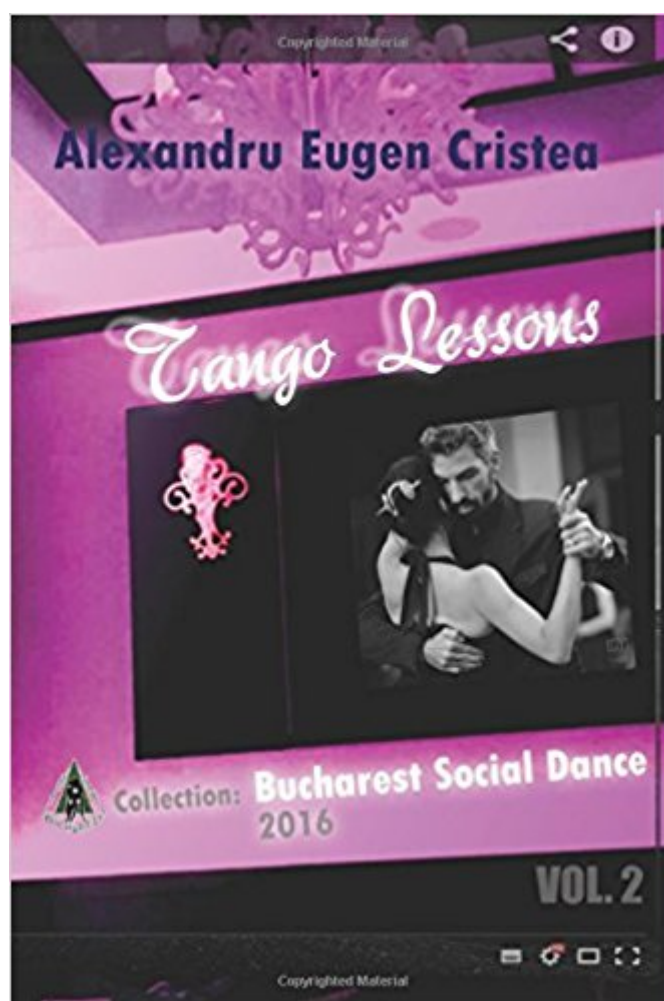


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Tango Lessons: The Music And The Dance (Bucharest Social Dance) (Volume 2)



Synopsis

After more than fifteen years of teaching martial arts, Japanese tea ceremony, meditation and Argentine tango, Alexandru has authored three books on tango (Tango for Teachers, Ennea Tango and this one) and two other books on spiritual practices. He is a licensed Fitness and Tango Discovery instructor and also a special editor for the Modern Tango World international magazine. This book, Tango Lessons, is perfectly suited for the beginner student of tango, or for the instructor eager to have a clear and coherent material to teach in class, addressing subjects such as the history of the music and dance, the rules for the tango parties, technique, musicality and improvisation. The book is packed with practical exercises also. A must have for every tango enthusiast. Table of contents: Preface - 7 - The cultural aspect - 8 - Lesson No. 1: The music - 13 - From Africa with love - 13 - Cowboys and guitars - 16 - A music that grows - 18 - Modern tango - 25 - Lesson No. 2: The dance - 29 - The first form of the dance - 29 - Orillero, Liso, Canyengue - 30 - Tango Salon - 35 - Tango Nuevo - 38 - Doble Frente - 40 - Lesson No. 3: The Party - 43 - The invitation - 47 - The music - 48 - The navigation - 49 - Lesson No. 4: The social tango - 53 - Social vs. Show - 53 - What to practice - 53 - Basics about Technique - 55 - Basics about Musicality - 56 - Basics about Improvisation - 56 - Balance - 57 - Lesson No. 5: Technique - 61 - The relaxation - 61 - Mirroring - 63 - Walking in line - 64 - Walking in circles - 66 - The Embrace - 68 - Posture - 72 - Axis - 75 - Walking - 80 - Steps - 80 - Stepping Systems - 83 - The highway and the lanes - 83 - Moving Systems - 85 - Leading and Following - 86 - Circularity - 89 - Levels - 94 - Dynamic Continuity - 96 - Form - 97 - The short cross - 99 - Repositioning - 100 - Vocabulary - 101 - Baldosa - 102 - Figure Eight - 103 - Half Moon - 104 - The Embrace- next level - 105 - The Human Body - 106 - Lesson No. 6: Musicality - 109 - The beat - 109 - Simple Time - 110 - Half Time - 111 - Double Time - 112 - The tango music - 113 - Tango Vals - 114 - Milonga - 116 - The musical phrase - 118 - The structure of a song - 119 - Musical coherence in dance - 120 - Melody and Voice - 121 - Lesson No. 7: Improvisation - 125 - Motor Improvisation - 125 - Musical Improvisation - 130 - Choreography - 132 - The Method of Bucharest Social Dance - 135 - General principles and guidelines - 136 - Technical key points - 142 - Dance and energy - 153 - Conclusion - 163 -

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