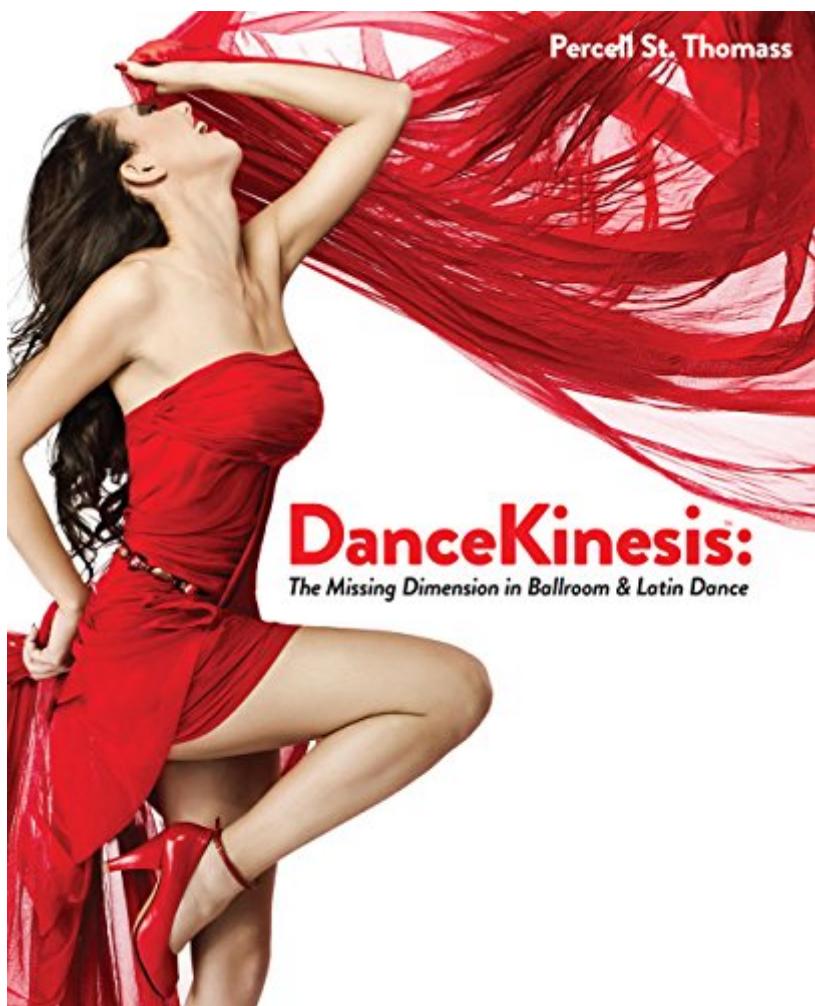


The book was found

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!

Book Information

File Size: 12454 KB

Print Length: 442 pages

Publisher: Outskirts Press (April 25, 2016)

Publication Date: April 25, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01ETCLLZC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #1,695,617 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #24 in Kindle Store > Kindle eBooks > Arts & Photography > Dance > Ballroom #64 in Books > Arts & Photography > Performing Arts > Dance > Ballroom #45962 in Kindle Store > Kindle eBooks > Education & Teaching

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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