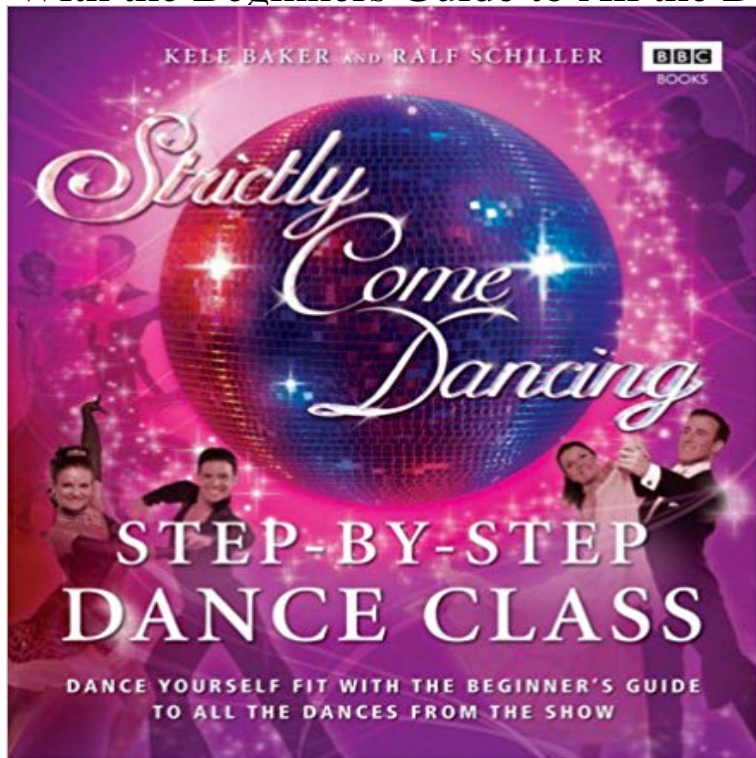


## Strictly Come Dancing: Step-by-Step Dance Class: Dance Yourself Fit With the Beginners Guide to All the Dances From the Show



This easy-to-follow and fun introduction to the ballroom and Latin dances featured on Strictly Come Dancing is ideal for beginners teaching themselves to dance and the perfect gift for all fans of the show. Set the mood with a brief history of each dance and tips on music, costume, makeup, timing, posture, and more. Learn what the judges are looking for on the show with Lens Overview and see the dances demonstrated by Strictly's professional couples Erin and Anton and Darren and Lilia. Once you've covered the background and basics, turn over and try out key moves from each of the 12 dances with easy-to-follow step diagrams and step-by-step instructions. Also including illustrations of the correct upper-body holds, this is a complete home tutorial.

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