



Picture Yourself Dancing: Step-by-Step Instruction for Ballroom, Latin, Country, and More

Shawn Trautman, Joanna Trautman

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Picture yourself floating across the floor to an elegant waltz or spinning past your partner to the driving beat of a West Coast Swing. Visualize yourself maneuvering your partner around the dance floor to an upbeat Two Step or gracefully enjoying your first dance together at your wedding. If these images left you saying to yourself, Wow, that sounds great, but what does a waltz look like? or, I'll never be able to remember all of those steps!, then prepare to see yourself in a whole new light. Picture Yourself Dancing is full of easy-to-follow, visual examples for a variety of dance styles. From the upbeat steps of country dancing to the elegant moves of ballroom classics, this book will help you perfect your moves and strut your stuff on the dance floor with confidence. The accompanying DVD is full of 75 minutes of instructional video to help you easily visualize each dance that is covered in the book.

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