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# QuickStart To Social Dancing: An Easy-To-Follow Guide For Beginners (QuickStart Dance)



## Synopsis

Beginners, Wedding Dancers, and those with single milestone dates can learn on their own effectively enough to just get by, saving hundreds of dollars in lessons for any simple social occasion or first dance presentation. This book is written as if Jeff is right there with the student giving a private lesson. With over 15 years of teaching experience he has anticipated what the student must encounter in their learning experience and is right there with a useful solution. 1. First in the Quickstart to Dance Series with Jeff Allen's breakthrough technique that is changing the methods that social dancing is being taught. 2. Lays down the foundation in the six major dances including: Foxtrot, Waltz, Rumba, Merengue, Swing, and Cha-cha to use on your own or to compliment your dance lessons 3. A virtual Bible for the bride and groom's first dance at their wedding. The only text in print that teaches how to prepare for and conduct the 1st Wedding Dance! 4. Perfect for the beginner and occasional dancer at weddings, resort vacations, parties, and cruises. 5. Using language for the laymen or non-dancer, the easy-to-understand physical references and directions make this title a must for the beginner reader/user.

## Book Information

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## Customer Reviews

Jeff Allen is a graduate of the University of Rhode Island. He holds Membership credentials with the North American Dance Teachers Association, Inc. and the Pan American Teachers Association. He has competed in National and International competitions and turned professional in 1984 after

winning the Gold closed level at the North American Championships. Mr. Allen's greatest pride is in the more than 30 Top teacher awards he has won keeping his position consistently in the list of top 75 teachers in North America.

Seeing all the positive reviews, I decided to ignore some of the negative ones and ordered this book hoping it will help me in my dance class. It is one of the most disappointing books I have ever read and the first book I plan to return to. His descriptions are very simplistic and difficult to understand even though I am taking dance classes. Even my partner could not understand the steps. There are very few diagrams or pictures showing the dance steps. The most unforgivable aspect is he mainly describes the gentleman's steps and for the lady writes "the lady will do the natural opposite". There is nothing natural about trying to figure out opposite steps! This book is a complete waste of money. I went to Barnes and Noble after receiving this terrible book, and found a much better one called "The complete book of ballroom dancing" by Richard M. Stephenson. It has many photographs and diagrams showing feet positions. Its only drawback is that it was published in 1980 and does not have the latest variations. It costs \$18 and is worth having.

Seems like the earlier edition I bought several of had lots more diagrams, which I liked.

I bought this book, the VHS tape "Bring Back the Romance of Dance" and have taken introductory ballroom dance classes locally with my wife. The tape instruction and the local instruction matched perfectly. This book, Quickstart to Social Dancing, has a nice introduction then finally begins with foxtrot instruction on page 47. This is where I downgrade the book. The foxtrot half box steps suggested in this book do not even come close to matching the tape foxtrot instructions or the instruction in our local dance classes. One would think that a dance like the foxtrot would have universally recognized steps. I fault the book for not mentioning that their instruction is different. It is my conclusion to learning to dance takes practice, practice, practice. No matter. Learning to dance is fun.

For a beginner was easy to follow and understand due to its simplicity and catering to learners. Book was of good quality.

As one insightful reviewer mentioned all of the reviews for this book are uncannily love or hate. Though I have my own opinion of this book, I recognize that another Love-Hate review is not going

to help you decide whether or not to spend your money, so I'm going to try to break the division and write an objective review with a neutral star rating. I believe the strict separation of ratings is due to differing expectations. As a beginner you are looking for a book with easy to follow instructions and patterns on how to make everyone off the dance floor jealous. A CD of appropriate music with someone counting in the background would be nice, perhaps some full scale foot print charts, maybe a pop-up partner if you're single. The beginner, however, has greatly underestimated the complexity of dancing and devotion it takes to become a good dancer. As an instructor you hope people will read a book that doesn't promise beginning steps in chapter 1, lifts and splits in chapter 2, and have an addendum with costume patterns. You hope the beginner will appreciate that every step in a dance is far more than moving a foot from A to B, and that some people devote their lives to dancing well (Ballroom dancing is now an Olympic Sport to those unaware). If you had your way students would spend their first month simply standing with a good dance frame and maybe by month two they could take their first step. Instructors sometimes forget, however, the passion and anxiousness of the beginner. That being said this book offers the beginner basic steps for three dances. Realize, however, that the basic Merengue step is extremely simple, And that the Waltz and Foxtrot steps are nearly identical (because the foxtrot can also be danced in the Waltz box pattern). When I say steps I mean the steps that constitute the most basic single pattern for each dance. This book does not include turns, dips, cuddles, or that thing Patrick Swayze does in "Dirty Dancing". With the steps it does offer, however, this book attempts to explain them in their most correct execution. It offers many metaphors and illusions for the most simple movements and attempts to write at a level that everyone can comprehend. Some of the content you may find painfully obvious, some of it you may not understand for quite a while. Some of us don't cook and will never have any idea what his point was with the turkey platter. In terms of physical existence this book is thin with large font. There are no pictures save some clip art quality graphics and the wedding section is probably 1/3 to 1/4 of the book. This is not special wedding dance moves reserved for gowns and tuxedos, by the way, but rather that wedding planning type thing that seems to occupy future mothers-in-law. There is a handy list of good songs for these steps at the back of the book. Music which most people probably already have in their collection. I hope this review has helped to bridge the divide for this title. Whether you buy the book or not, however, don't focus too much of your energy on words describing dancing...

I have owned the 1st edition since 1997 it is a great easy to read book. I noticed that the 2nd edition was sold out so I contacted the publisher and they said there are plenty of 1st editions available.

Order them through at this website and they'll show up very soon. I use them all the time for my beginner students. The font is very large and there is no dance language that can cause confusion to those who have no dance experience! If you understand the process of walking and know what it looks like this book will be very simple to use. I must admit I chuckle at those other reviewers who dislike this book because there are no pictures. If you look in the mirror and see yourself in the now than watch yourself improve in stature isn't that picture and example enough. I wonder if they have really read this book before casting dispersions. There is another reviewer who says there are only three dances covered while there are actually six. The book is only 10 - 15 percent geared to weddings. But that is important since wedding are the prime reason for students enrolling into a studio. Apart from some temporary fad 90 percent of the calls are wedding related. The same reviewer did not understand why the analogy of lifting a tray was used. The answer is two fold. One, that's the way the man, presents the lady, in the dance frame. Two, when the man lifts his arms with the elbows pointed 45 degrees to the floor he alleviates cramping in the rotator cuff. I point these things out because I wonder whether some reviewers look for their 15 minutes or even if they have actually read the book at all. The review by the one called "dance reviewer" are the best wherever they appear. Most by teachers are the ones to trust. In closing this is the best primer and speaks of the most important attributes to successfully partner another in the early stages of the 6 most popular beginner dances.

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