

<<LANCE LAGUNA教你学跳舞>>

图书基本信息

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内容概要

Tired of being a wallflower? In this pocket-sized reference, you'll learn the basics of ballroom from world-famous cruise ship dance instructor Lance Laguna. Here are lessons for the waltz, fox-trot, cha-cha, tango, merengue, and swing - complete with groovy etiquette, choosing a partner, and much more.

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Posture, Frame, and Laguna Lingo
Lesson One; The Waltz
Lesson Two; The Fox Trot
Lesson Three; The Merengue
Lesson Four; The Tango
Lesson Five; The Cha-Cha
Lesson Six; Swing
Discography

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