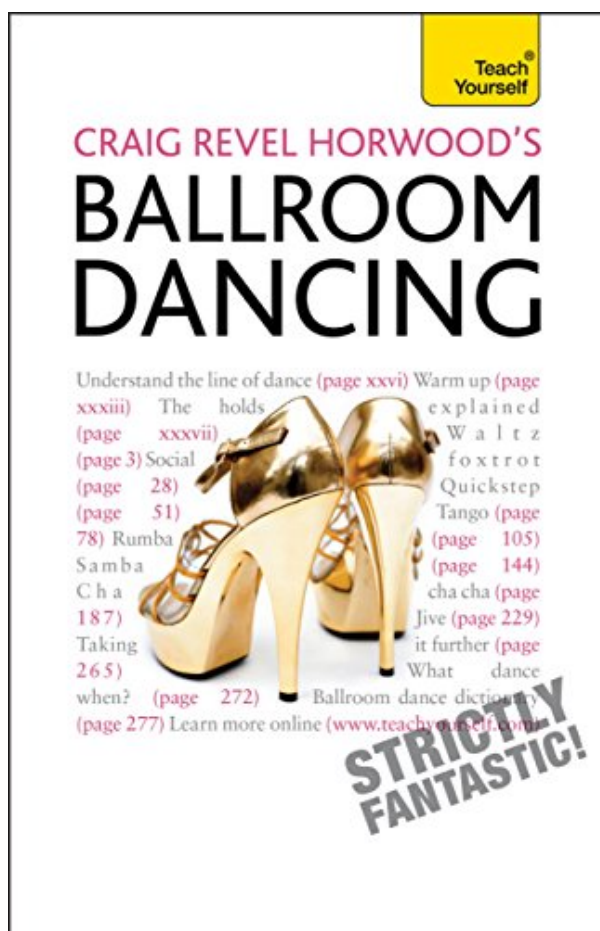


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"The leading authority on its subject." --"Dance Expression"

## About the Author

Craig Revel Horwood is a dancer, a choreographer, and a judge on BBC's "Strictly Come Dancing." His West End credits include "Spend Spend Spend" and "My One and Only"--both of which garnered him Laurence Olivier Award nominations for Best Choreography, resident director for "Miss Saigon," and associate director/choreographer for "West Side Story." He directed and choreographed "The Beautiful and Damned" and staged "The Lion King" for Paris Euro Disney.

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Whether you are an absolute beginner, a Strictly Come Dancing wannabe or simply want a fun way to get fit, Craig Revel Horwood's guide to ballroom dancing offers something for everyone. Learn how to become a ballroom babe or a Latin lover as Craig shows you all the basic moves in a fun, lively and straightforward way. Easy-to-follow instructions and illustrations will help you to learn numerous dances, including the traditional foxtrot, waltz, and tango as well as the more modern mambo, rumba and samba. Each section of dance provides lots of suggestions for great music to strut your stuff to, with helpful tips from Craig to encourage you to practice until you have truly mastered your moves.

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