



# Ballroom Dancing

*Alex Moore*

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Originally published in 1939. Contents Include Suggested Method of Approach By the Novice, the Competition Dancer and Keen Amateur, the Student The Hold The Poise, Balance and General Outline of the Walk Contrary Body Movement, Contrary Body Movement Position THE QUICK STEP The Walk Forward and Backward The Quarter Turns The Progressive Chace' The Natural Turn The Natural Pivaot Turn etc THE WALTZ The Forward Change The Natural Turn The Reverse Turn The Hesitation Change The Natural Spin Turn etc THE FOXTROT The Walk, Forward and Backward The Three-Step The Feather Step etc THE TANGO The Walk Forward The Walk Backward The Progressive Side Step The Rock Turn From the Walk into Promenade etc POPULAR DANCES The Blues The Cuban Rumba Rythm Dancing The Quick Waltz BALLROOM NOVELTY DANCES AND GAMES THE PRACTICAL SIDE OF TEACHING

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