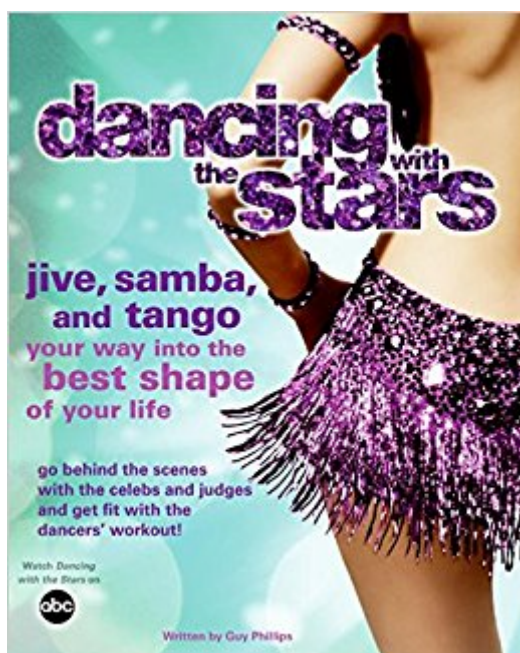


The book was found

Dancing With The Stars: Jive, Samba, And Tango Your Way Into The Best Shape Of Your Life



Synopsis

Twice a week, millions of viewers tune in to watch the magical transformations undergone by their favorite entertainers through the beauty of dance—and now you can bring all that excitement, sparkle, and glamour into your own home. Based on the hit ABC series, *Dancing with the Stars* has everything a fan of the show could want: never-before-seen pictures and stories from the stars describing their favorite moments on the show and how they trained for each week's competition; a behind-the-scenes tour of what goes into all the hair, makeup, and costumes each week; a look at all the key dances performed on the show; and finally, a complete dance-based workout that helps you lose weight, get fit, and have fun. Filled with photographs and detailed instructions, this book will inspire you to take to the dance floor and get a dancer's body yourself. Anyone who has watched the show knows it doesn't matter if you're young or old, male or female, a talk-show host or a football player—this workout will get you in the best shape of your life.

Book Information

Paperback: 256 pages

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Product Dimensions: 8 x 0.5 x 10 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars 13 customer reviews

Best Sellers Rank: #2,225,606 in Books (See Top 100 in Books) #80 in Books > Arts &

Photography > Performing Arts > Dance > Tango #2630 in Books > Health, Fitness & Dieting >

Exercise & Fitness > Injuries & Rehabilitation #169442 in Books > Humor & Entertainment

Customer Reviews

The photographs alone show how dancing to many different rhythms can make us humans feel deeply happy. I am a dancer and just following the photos brought me to my feet. The end section has stretching and bending exercises the way ballroom dancing is performed, so that we will not be intimidated by the term "dance" but will make the effort to begin somewhere and progress. Next we should buy the music to learn what the dances sound like, and then have fun!

Not very interesting

Great cd's. Great to exercise with and help get in the mood to exercise. The music was also great I would suggest to my friends to purchase

Great!

This is one of my favorite books and I had one and thought I lost it so I got a new one to replace it

This is a wonderful cd. It arrived in perfect condition and I am enjoying it very much.

the fastest mail delivery ever---pictures were very colorful---but did not show the dance steps for exercise

Dancing with the Stars is one of the most popular shows on TV. While this book is fine, not great, it is still very fun. Most of it is devoted to exercises routines and pictures of the pros Alec and Edyta, but the best part is the season by season run down of the dancers and the stars. There should be more, more, more. The show has a devoted following of not just the dancing. There is the terrific music. The great music and dance guest stars also make it great entertainment. There should be a section about the costumes, shoes, make up. I hope that the publishers know that there needs to be more pictures, more stories of each season, interviews with the pros who are the backbone of the show, the judges etc.

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Animals with Circles, Squares, Rectangles & Triangles (Drawing Shape by Shape series) Why
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