



# **Social Dance: Steps to Success, 2nd Edition (Steps to Success)**

*Judy Wright*

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Move with grace and feel confident on the dance floor—step by step! *Social Dance: Steps to Success* will teach you all the moves for eight popular dance styles:

-Swing

-Cha-cha

-Foxtrot

-Polka

-Waltz

-Rumba

-Tango

-Salsa/mambo

Each step in the progression teaches you a new skill, then builds on those skills to develop creative dance routines. The first few steps provide a solid foundation of the basics to help you understand alignment, musical structure, and footwork synchronization with the music. As you progress, you will also learn how to lead and follow, move from one dance position to another, combine dance variations into sequences, and much more.

Every step also explains why the concept or skill is important, identifies the keys to correct technique, helps you avoid common errors, and explains how to practice each skill.

Written by master teacher and dancer Judy Patterson Wright, this book is part of the Steps to Success Series—the most extensively researched and carefully developed set of sport skill instruction books ever published.

**Includes music CD!**

To help you practice, a compact disc is included that provides 19 tracks for training and practice. The first 8 are training examples (some with voice overs) for identifying the beat, measures, and highlighting general characteristics of selected social dance music. Tracks 9 through 19 include instrumental practice music (average 2 minutes each) for all 8 dances covered in the book.

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