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Fifty Latin Dance Exercises

Youlie Mouzafiaro, David Pullinger

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This book contains sets of exercises developed and refined over many years that will prove valuable for every dancer, teacher and coach. There is a description of each stage of an exercise along with illustrative photographs to make it easier to understand and achieve precise movement. A deep knowledge of the basic principles of poise and actions used in Latin dance helps bring out the unique features and characteristics of Rumba, Cha cha cha, Samba, Jive and Paso Doble. In addition there are sets of exercises covering five essential aspects common to several dances, including rotation, partner connection and the use of arms.

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