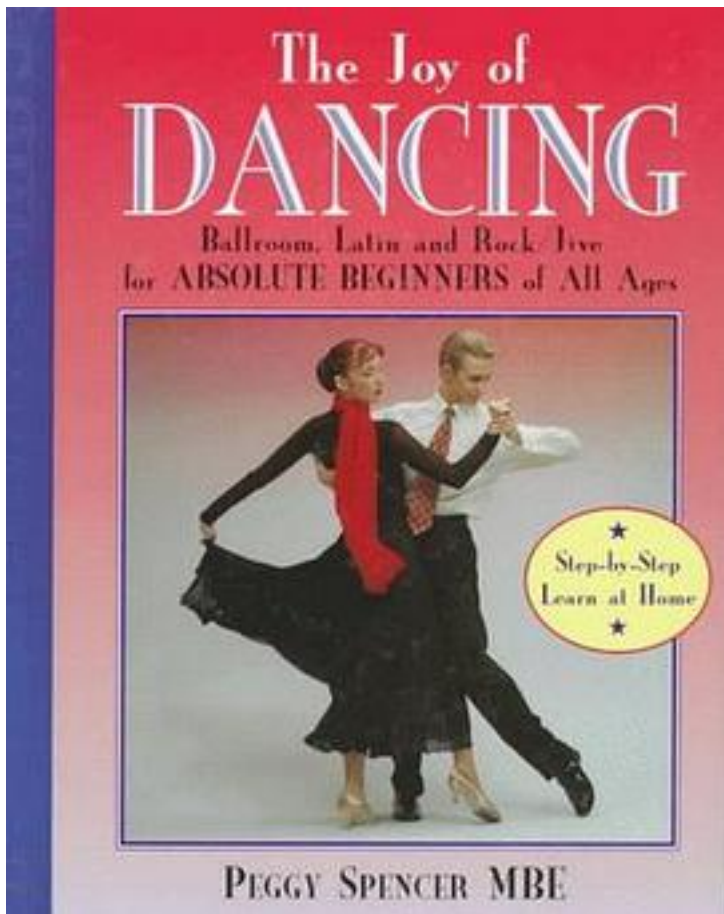


The Joy of Dancing



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A truly accessible beginner's guide to ballroom, Latin, and rock/jive dancing, with clear step-by-step instructions and 100 sequential color photos. Spiral bound. Lively and practical, this new book from Peggy Spencer, the world's leading expert on ballroom dancing, is a handy workbook designed to enable novice dancers of all ages to

practice in the privacy of their own homes. The easy-to-follow instructions and the clear sequential photographs allow both partners to follow all the essential moves for the waltz, cha cha cha, quickstep, mambo, foxtrot, samba, tango, rock/jive, merangue, and rumba. Spiral bound for easy handling, the book also includes a general history of each dance and Peggy Spencer's personal tips on everything from fitness to clothing to music. Be the first on the dance floor and the last one off--and, above all, experience the real joy of dancing. 128 pp 7 1/2 x 10 1/2 100 color photos

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