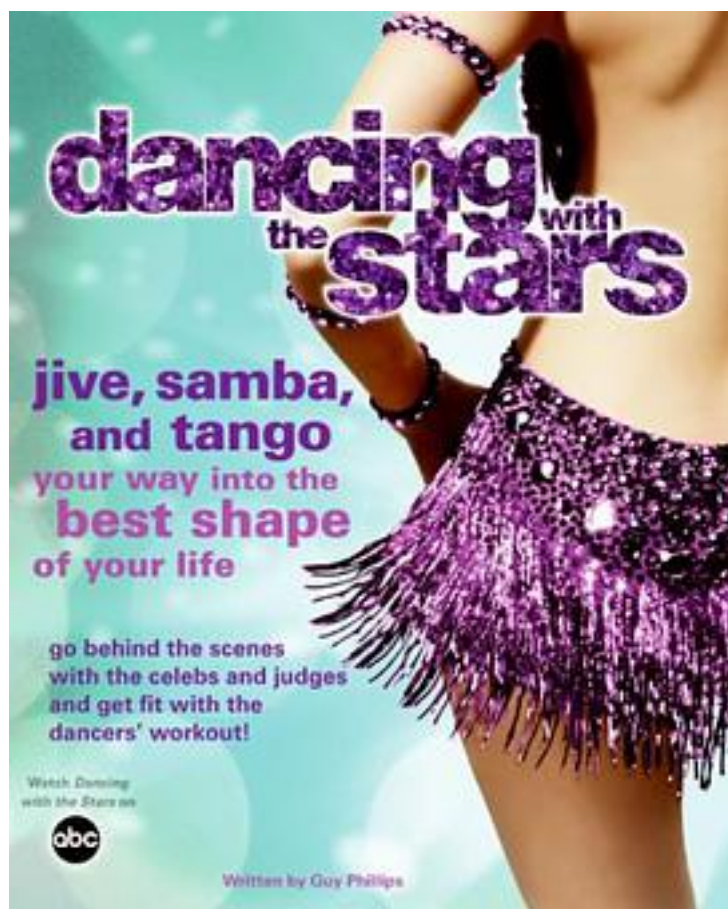


# Dancing with the Stars



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著者:Dancing With The Stars

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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. </p>

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 the 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. </p>

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