



Dancing Your Way to Better Health: Discover the Secrets for Successful Dancing That Teach You How to Dance to Improve Your Health Every Time (Paperback)

By Gina Hopkins

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Want to learn exactly how to get started dancing your way to health and learn what the pros do? Discover The Secrets For Successful Dancing That Teach You How to Dance to Improve Your Health Every Time. Even As A Beginner! Just Follow The Instructions And You ll Be Dancing Like A Pro In No Time! Are you ready to get started on your journey to health by becoming a skilled dancer? Yes? Then let s get started! All too often a budding dancer will rush right out, join the first dance group they see advertized in the paper, grab some shoes and head right out for an evening of indoor fun. Sadly, the experience is usually less than positive and they arrive home tired and dejected with nothing to show for their effort except some strained muscles. The shoes end up in the cupboard in the bedroom and the dream of an enjoyable leisure time pursuit that will also make you healthy disappears. Another scenario that occurs frequently is going out with a buddy or partner presenting himself as a...



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Reviews

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