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# Basic Ballroom For The Beginner Vol 1



## Synopsis

Taking up the Ballroom hold for the first time can be a little daunting, as light body contact is required in the ballroom genre. Remember, the object of Ballroom dancing is to have two people moving as one around the floor. Philip Blackburn started dancing in 1979 and decided from an early age that he wanted to become a teacher of Ballroom Dancing. Having won 3 British dance titles in the famous Empress Ballroom, Winter Gardens, Blackpool in 1989, 1994 and 1997, all of which are recognised by the British dance council and then going on to be awarded two Carl Allen Awards in succession as a Professional dancer, he has had more than his fair share of accolades, though not without hard practice, whilst enjoying every minute. Qualified via the UKA and ISTD he with his wife Estelle, now run a highly successful dance school in Leeds, UK, with many dancers enjoying their dancing from week to week, training individuals from total beginner to teacher. He recommends that all dancers join one of the many groups conducting EnDance your Life lessons in the UK

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