

Come dance with me

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Audiovisual Selector

You must understand the whole of life, not just one little part of it. That is why you must read, that is why you must look at the skies, that is why you must sing and dance, and write poems, and suffer, and understand, for all that is life. (J Krishnamurti.)

Dancing is a huge participant event as can be seen by the popularity of ballroom/dancing programmes on television. If you have two left feet like me you will know that dancing is an artistic expression that people with no dancing skills should NOT try. It always looks so easy, classical and romantic on television. That said, I reviewed a few dancing DVDs and had a ball of a time trying to salsa, hip-hop, rumba, et cetera, in my office. I found the DVDs and dancing quite enjoyable, sensual, fun; it also gave me an opportunity to do some exercise. The instructions are very easy.

Having had so much fun on my own, I thought I'd like to share it with you, our readers and make you aware of the interesting selection of DVDs available on dancing as well as the ones on order that can be used when learning and practising new dance moves. CD titles that contain suitable tracks are also listed here.

Now I just need a DVD on how to find the perfect dancing partner!

Belly dancing

DVD: *Belly dancing with Jacqueline Chapman.
CD: Modern belly dance from Lebanon.
The sensual art of belly dance - fast rhythms.
The sensual art of belly dance - slow rhythms.

Hip-hop

DVD: *Hip Hop! How to: #1.
CD: The 18th letter.

Hip Hop hits. Volume 2.
Washumkhukhu.

Foxtrot

DVD: *Learn to dance foxtrot.
CD: Bobby's best / The Bobby Hendricks sound.
Dancing with the stars.
The chairman dances (foxtrot for orchestra).
More fabulous ballroom.

Latin American

DVD: *How to dance at weddings: Latin American.
CD: Music around the world - Latin America.
Street music of Panama: cumbias, tamboritos, mejoranas.

Rock 'n' roll

DVD: *Rock 'n' Roll with Kav Kavanagh.
CD: Elvis - the collection. Volume 1.

Rumba

DVD: *Learn to dance rumba.
*How to dance at weddings: Latin American.
CD: Carambola.
Cuban odyssey.
Volare!: the very best of the Gipsy Kings.

Salsa

DVD: Salsa Salsa with Elder Sanchez.
*How to dance at weddings: Latin America
CD: Celia Cruz & friends: a night of salsa.
Un gran dia en el barrio: the Spanish Harlem Orchestra.

Music around the world - the best of salsa.
Putumayo presents Congo to Cuba.

Tango

DVD: Argentine Tango: the Tango Milonguero.
*How to dance at weddings: Latin American.
CD: Brazilian nights: [the tangos of Ernesto Nazareth].
Cafe Argentina: gauchos, tangos, mate and bolas.
El tango en Africa / Cape Town Tango Ensemble.

Tap dancing

DVD: *Tap dancing with Susan Bishop.
CD: The tap dance kid.

Waltz

DVD: Learn to waltz - beginners.
CD: The A to Z of classical music.
The best of Johann Strauss II.
Great waltzes.

*In processing



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