

Dancing with the Stars. An Honest Review

Dancing With The Stars has now become the #1 dance on TV. But is their online version of the Dancing with the Stars dance instruction videos worth the money?

Short of having your own in house personal dance instructor Dancing with the stars dance videos DVD set is as good as it gets. It's an 8 DVD set that goes over ALL the dance steps, from the fox trot, waltz, cha cha, jive, tango, salsa, rumba and samba!

The quality of the Dance Video Instructions are second to none. Just go to <http://www.danceblogspot.com/dance> and watch the sample Dancing with the stars video and you will see the just how top quality these professional videos are.

Each dance lesson includes step by step, fully illustrated that anyone, even someone with the smallest level of coordination and attention span can learn. Louis Van Amstel has spent his life dancing and teaching others and is one of the most recognized dance instructors in the world.

Can You Lose Weight Dancing?

Are you kidding? Dancing is one of the BEST ways to keep fit, stay ahead of your diet, lose your unwanted body fat, get a trim waste line and firm abs. Why? Because dancing is the best cardio with least effort.

Don't worry, even I use to suck at dancing, it's actually quite easy once we get those basics out of the way. This course was designed to teach you both the basics and some intermediate-advanced ballroom steps to turn YOU into a dance floor machine in no time!

About the Author

Danceblogspot.com: Dance Videos, Dance Lessons and Dancewear Accessories

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