

The Goddard Method of **BALLROOM AND LATIN DANCING**

by James Goddard

Quick wins to
make you look
and feel great.

For beginners
and experienced
dancers.



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**Foreword on the
Goddard method
of Ballroom and Latin dancing**

Some key themes and principles running through this book.

My book aims to be the key that unlocks your understanding and potential so you can get the most out of dance classes, lessons, social dances and YouTube presentations etc.

How to do dance moves is standard practice, how to interpret this standard practice is what my book is about.

I have deliberately picked similar dance moves, and description styles on how to execute the moves, to show patterns and links. Other books concentrate on the technical side of dancing, whereas my book emphasises the pattern/spirit in easy-to-remember key points. It also includes technical information on how to improve your dancing as you gain experience.

There are many and varied dance steps which can be performed in a variety of holds, too many for me to mention all of them in this book. So I have focused on a select few as a quick-start guide to dancing. Once you have tried them in the order I have suggested, you can fit them together in different combinations.

The box below is what a Goddard tip looks like – where you see one, it is one of my key things to remember, to help you improve your dancing.

All dances start with Leader's right foot and Follower's left foot except the Jive and Tango. These start with Leader's left foot and Follower's right foot.

Chapter 1 Sharing my Dance Experiences and Introducing the Goddard Method of Ballroom and Latin Dancing

Dancing is Fun - Let's enjoy it together

The reason I wrote this book is that people can get overwhelmed with the level of detail in lessons, books and YouTube videos. I want to get across to readers an executive summary level of detail; so I have written instructions that break down dances into bite-size chunks to help you better understand what you are doing when taking lessons, looking at reference guides or perhaps learning new moves with a partner.

Dancing is a continuous journey of life-long learning. This book will give you the information you need regardless of whether you are a complete beginner or an experienced dancer.

When attending dances and dance classes, I have noticed that people have the same issues, regardless of how long they have been dancing:

Too much focus on ‘what’ to do, not enough on ‘when’ and ‘how’.

My instructions will show you ‘what’, ‘how’ and ‘when’; plus the key principles you need to know to make techniques work.

My aim is to give you advice, encouragement and guidance on how to do everything; from taking your first steps on the dance floor, to improving your technique - even after years of practice.

You'll find information on:

- What you need to know to get started – where to go, what to wear, and so on.
- Basic dance steps - first step guides for Ballroom and Latin.
- More advanced dance steps - guides to taking things further.

- Technical points – to really help you improve your dancing.

Are you ready? Let's get started!

Chapter 2 Before You Start Dancing

What should I wear?

There is no dress code for lessons, wear something comfortable. You don't have to wear any special clothing or dance shoes. 'Sensible' shoes that can be worn in an office are entirely suitable.

The dress code for dances will be set out on advertising information. Most are smart-casual, but some may be black tie and formal dress (frock) affairs.

Why not see what bargains you can find in your local charity shop?

Dancing can be strenuous exercise, so you may wish to bring some spare clothes (such as a change of shirt for men) to classes or dances, particularly in hot weather.

Once you have tried lessons (or social dances) for some months and decided that you want to continue, that is the time to invest in some dance shoes.

Where can I dance?

There will be a dance class or a dance happening in your area. Look out for adverts on noticeboards, websites and social media.

What music will I dance to?

If it has a beat, you can dance to it. Different dances will require different styles of music from old school (eg Rat Pack) to modern (eg Ed Sheeran).

Dedication

To my teachers

Jo Murray-Watson

For getting me into dancing which
is now a long term passion

Graeme Hein-Jones

Strictly Dance (Linton)
For keeping me interested in
dancing and improving
my technique

Richard Drage

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For teaching me to be a better student, and to see the
patterns linking dancing and martial arts

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About the Author

James Goddard

I have been dancing Ballroom and Latin for many years.

I also have experience of Salsa, Argentine Tango and Ceroc (Modern Jive).

I have an extensive interest in martial arts which I have been practising for a number of years.

I noticed there were patterns and cross overs in principles of movement in martial arts, yoga and other dance styles. This is what inspired me to write this book.

I often joke I use more judo on the dance floor than on the judo mat.....

I am currently working on a second book called the Goddard Method of Judo. This will explain how to do judo in a similar style to the way I approached Ballroom and Latin.

