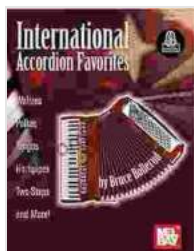


Waltzes, Polkas, Tangos, Hornpipes, Two Steps, and More: A Beginner's Guide to Ballroom and Folk Dances



International Accordion Favorites: Waltzes, Polkas, Tangos, Hornpipes, Two-Steps and More! by Bruce Bollerud

★ ★ ★ ★ ☆ 4.5 out of 5

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Ballroom and folk dances are a great way to get exercise, socialize, and have fun. But with so many different dances to choose from, it can be hard to know where to start. This beginner's guide will introduce you to some of the most popular ballroom and folk dances, so you can find the ones that you enjoy the most.

Waltz

The waltz is a classic ballroom dance that is characterized by its smooth, flowing movements. It is danced in triple time, with one step per beat. The waltz is a popular choice for weddings and other formal events.



Polka

The polka is a lively folk dance that originated in Europe. It is danced in duple time, with two steps per beat. The polka is a fun and easy dance to learn, and it is often performed at weddings and other celebrations.



Tango

The tango is a passionate and sensual ballroom dance that originated in Argentina. It is danced in duple time, with four steps per beat. The tango is a challenging dance to learn, but it is also very rewarding.



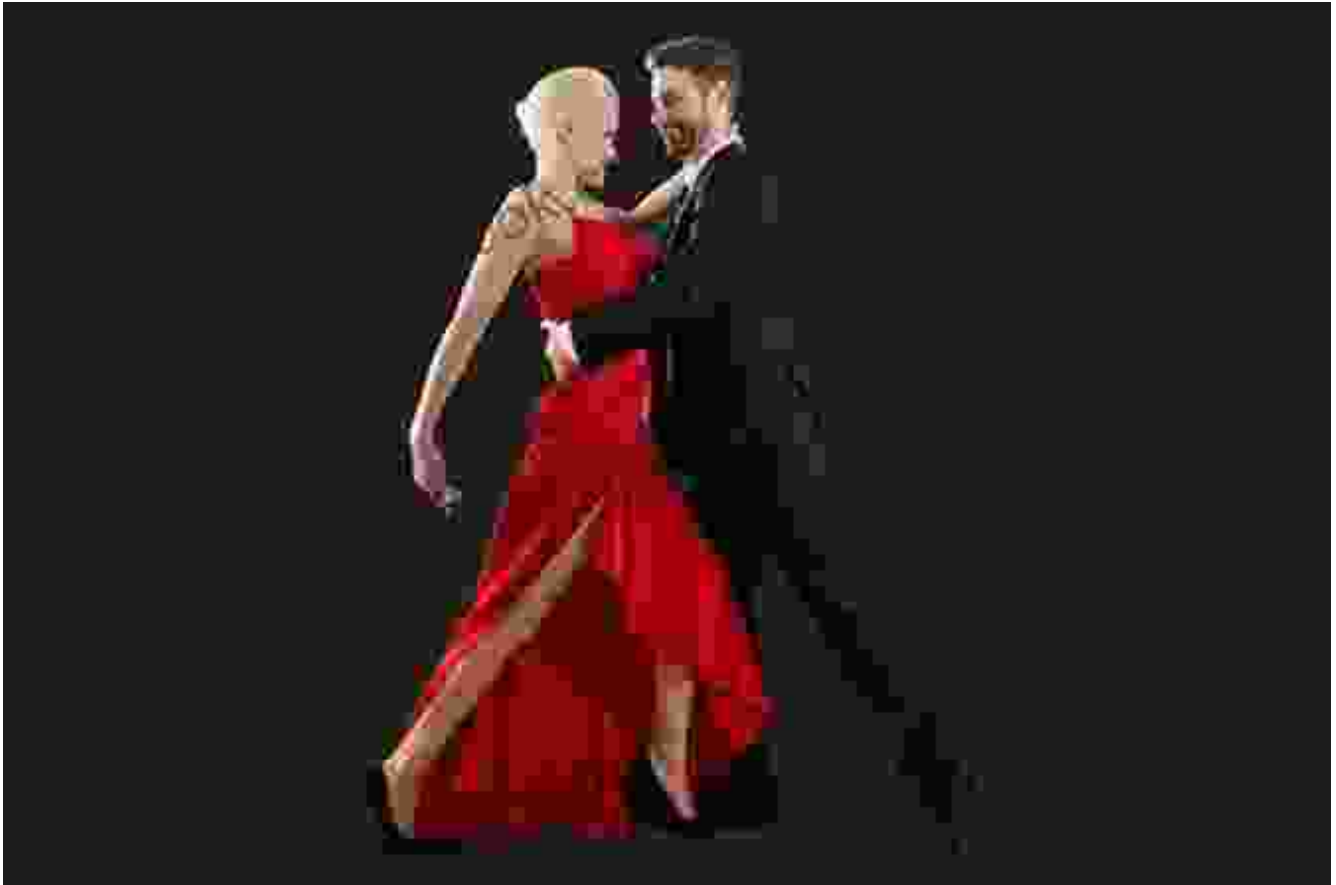
Hornpipe

The hornpipe is a traditional folk dance that originated in England. It is danced in triple time, with one step per beat. The hornpipe is a lively and energetic dance, and it is often performed at folk festivals and other events.



Two Step

The two step is a popular country dance that is danced in duple time, with two steps per beat. The two step is a fun and easy dance to learn, and it is a great way to get some exercise.



Other Popular Dances

In addition to the dances listed above, there are many other popular ballroom and folk dances. Some of the other most popular dances include the foxtrot, the cha-cha, the salsa, the merengue, and the bachata.

If you are interested in learning more about ballroom or folk dancing, there are many resources available to you. You can find classes at dance studios, community centers, and even online. You can also find many books and videos that can teach you how to dance. With a little effort, you can learn to dance any of these dances and enjoy the many benefits that they have to offer.



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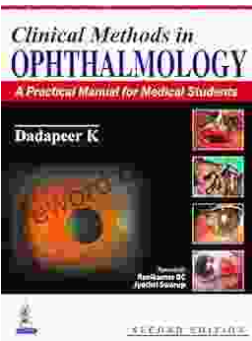
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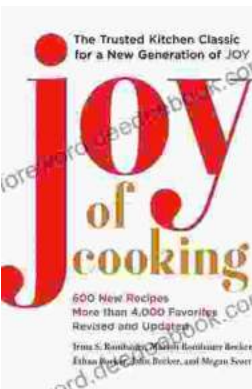
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