

# tango strictly come dancing

**tango strictly come dancing** is a captivating dance competition that has taken the world by storm, blending the passionate art of Argentine tango with the glitz and glamour of televised entertainment. Since its debut, the show has become a cultural phenomenon, inspiring millions of viewers and aspiring dancers worldwide. Combining intricate choreography, emotional storytelling, and charismatic contestants, Tango Strictly Come Dancing offers a unique glimpse into the world of ballroom dance, elevating tango from a traditional art form to a mainstream spectacle.

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## What Is Tango Strictly Come Dancing?

Tango Strictly Come Dancing is a specialized segment of the larger television show "Strictly Come Dancing," a popular British dance competition. While the main show features a variety of ballroom and Latin dances, the tango segment focuses exclusively on the passionate and dramatic style of Argentine tango. This subset aims to showcase the dancers' technical prowess, emotional interpretation, and chemistry on the dance floor.

### Origins of Tango Strictly Come Dancing

The incorporation of tango into Strictly Come Dancing traces back to the show's effort to celebrate diverse dance styles. Argentine tango, known for its sensuality and complexity, was introduced as a special challenge for contestants. Over time, it gained popularity among both participants and viewers, becoming a staple feature that highlights the depth and artistry of ballroom dance.

### The Appeal of Argentine Tango

The appeal of tango lies in its unique characteristics:

- Expressive emotion: Tango is renowned for its passionate and intimate storytelling.
- Complex footwork: It involves intricate foot movements and precise timing.
- Connection: The dance emphasizes strong connection and lead-follow dynamics.
- Cultural richness: Originating from Argentina, tango carries a deep cultural heritage that adds authenticity and depth.

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## How Tango Is Integrated into Strictly Come Dancing

Tango Strictly Come Dancing is typically incorporated as a themed episode or a dedicated dance challenge within the series. Contestants are paired with professional dance partners and coached intensively to master the style.

### Key Features of the Tango Segment

1. **Choreography:** Dancers perform choreographed routines that highlight tango's signature movements.
2. **Music Selection:** The music is carefully chosen to evoke the emotional intensity of traditional Argentine tango, often including classic tango compositions and contemporary interpretations.
3. **Costumes:** Costumes are elegant and dramatic, often inspired by traditional tango attire—think ruffled dresses, tailored suits, and accessories like flowers and feathers.
4. **Judging Criteria:** Performances are evaluated based on technique, musicality, chemistry, and overall execution.

### The Role of the Professional Dancer

Professional dancers play a crucial role in guiding contestants through the nuances of tango, including:

- Developing authentic footwork and posture.
- Encouraging emotional expression.
- Enhancing connection and lead-follow dynamics.
- Creating visually stunning routines.

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## Why Tango Strictly Come Dancing Is So Popular

The popularity of tango within Strictly Come Dancing stems from several factors that resonate with audiences and participants alike.

### Emotional Connection

Tango's passionate nature allows both dancers and viewers to experience intense emotion, making performances memorable and impactful.

### Technical Challenge

Tango demands high levels of skill, precision, and coordination, showcasing the talents of contestants and professional dancers.

### Cultural Appreciation

Introducing audiences to Argentine culture and history enriches the viewing experience, fostering appreciation for the dance's origins.

### Visual Spectacle

The combination of striking costumes, dramatic music, and intricate choreography creates a captivating visual display.

### Audience Engagement

Fans love to see contestants push their boundaries, learn new techniques, and develop their dancing

personalities through tango.

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## **Learning the Art of Tango: Tips and Resources**

For those inspired by Tango Strictly Come Dancing, many aspire to learn or improve their own tango dancing skills. Here are some essential tips and resources to get started:

### **Tips for Beginners**

- Focus on connection: Building a strong lead and follow is fundamental.
- Master basic steps: Start with simple walkings and turns before progressing.
- Emphasize posture: Maintain an upright, confident stance.
- Practice musicality: Listen to tango music and try to sync your movements.
- Attend classes: Find local tango classes or workshops for hands-on learning.

### **Resources for Aspiring Dancers**

- Online tutorials: Platforms like YouTube offer countless beginner and advanced tango lessons.
- Dance studios: Enroll in local dance schools specializing in Argentine tango.
- Dance events: Attend tango festivals and milongas to practice socially.
- Books and DVDs: Invest in instructional materials for structured learning.
- Social media: Follow tango communities and professional dancers for tips and inspiration.

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## **The Impact of Tango Strictly Come Dancing on Dance Culture**

Tango Strictly Come Dancing has significantly influenced dance culture globally, promoting the art of tango and ballroom dance in general.

### **Promoting Cultural Awareness**

The show has introduced millions to Argentine tango, fostering cultural exchange and appreciation.

### **Inspiring Dance Enthusiasts**

Contemporary dancers and choreographers are inspired by the performances, leading to innovative interpretations and fusion styles.

### **Elevating Dance Competitions**

The show has set a high standard for dance competitions worldwide, emphasizing storytelling, emotional expression, and technical mastery.

## Supporting Dance Education

Increased interest in tango has led to more dance schools, workshops, and community events dedicated to the style.

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## Memorable Tango Performances on Strictly Come Dancing

Throughout its seasons, Strictly Come Dancing has featured numerous unforgettable tango routines. Some highlights include:

- Season 5 Final: A dramatic and sensual tango performed by contestants to “Por una Cabeza,” captivating judges and audiences alike.
- Special Theme Episodes: Themed performances inspired by classic films, such as “The Godfather” or “Scent of a Woman,” showcasing the versatility of tango.
- Celebrity Transformations: Contestants who initially struggled with the style but delivered stunning performances after dedicated training.

These performances have not only entertained but also demonstrated the emotional and technical depth of tango.

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## Conclusion

Tango Strictly Come Dancing embodies the passion, elegance, and complexity of one of the world’s most beloved dances. By blending traditional Argentine tango with modern entertainment, the show has played a pivotal role in popularizing tango globally and inspiring countless dancers to embrace its artful beauty. Whether you’re a seasoned dancer or a curious newcomer, exploring tango through shows like Strictly Come Dancing can ignite a lifelong passion for this captivating dance form. With its rich cultural heritage, expressive storytelling, and technical challenge, tango remains a timeless symbol of connection and emotion on the dance floor.

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## Get Started with Tango Today

If you’re inspired to learn tango or simply want to appreciate its artistry more deeply, explore local classes, online tutorials, and dance events. Remember, the journey into tango is not just about steps—it’s about expressing your emotions and connecting with your partner through movement. Embrace the passion, elegance, and history of tango, and let it transform your dancing experience.

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- dance performances
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## **Frequently Asked Questions**

### **Who are the most successful couples in Strictly Come Dancing's Tango rounds?**

Some of the most successful couples in Strictly's Tango segments include celebrity and professional pairings like Jayne Torvill and Christopher Dean, and more recently, contestants like Rose Ayling-Ellis and Giovanni Pernice, who have received high praise for their tango performances.

### **What are the key techniques used in performing a perfect Tango on Strictly Come Dancing?**

Key techniques include maintaining a strong, upright posture; precise footwork; sharp, controlled movements; and expressive arm and head gestures to convey passion and intensity. The posture and connection between partners are crucial for a striking Tango performance.

### **How has the Tango evolved on Strictly Come Dancing over the years?**

The Tango on Strictly has evolved to include more dramatic choreography, incorporating modern influences while maintaining traditional elements. Advances in dance training and costume design have also enhanced the visual and technical aspects of the performance.

### **Which celebrity has delivered the most memorable Tango performance on Strictly Come Dancing?**

Many fans highlight Rose Ayling-Ellis and Giovanni Pernice's Tango as particularly memorable due to its emotional depth and technical brilliance, earning them high praise and a standing ovation.

### **What are judges looking for specifically in a Tango**

## **performance on Strictly Come Dancing?**

Judges typically look for strong posture, precise footwork, sharp and controlled movements, emotional expression, and overall chemistry between partners to assess a Tango performance.

## **Are there any notable controversies or memorable moments involving the Tango on Strictly Come Dancing?**

Yes, some memorable moments include performances that pushed boundaries or received mixed reviews, as well as emotional breakthroughs during Tango routines, which often become talking points among fans and media.

## **How can viewers improve their understanding and appreciation of the Tango on Strictly Come Dancing?**

Viewers can improve their appreciation by watching professional tutorials, paying attention to the technical details such as posture and footwork, and observing the emotional storytelling conveyed through the dance to fully enjoy the artistry of the Tango.

## **Additional Resources**

Tango Strictly Come Dancing: An In-Depth Exploration of the Passion, Precision, and Performance

When it comes to dance competitions that blend elegance, drama, and technical prowess, Tango Strictly Come Dancing stands out as one of the most captivating segments of the iconic television series. This passionate style of dance, with its roots in the streets of Argentina, has become a highlight of the show, challenging celebrity contestants and professional dancers alike to master its intricate steps, dramatic poses, and emotional storytelling. In this guide, we'll delve into the history of the tango, its role within Strictly Come Dancing, the technical elements that define it, and how contestants approach this passionate art form.

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The Origins and Evolution of Tango

A Brief History

The tango originated in the late 19th century along the Río de la Plata, primarily in the border regions between Argentina and Uruguay. It was born out of the mingling of various cultures, including African rhythms, European dance forms, and local folk traditions. Initially considered a dance of the working-class districts of Buenos Aires, the tango's sensual and expressive style quickly gained popularity and eventually spread worldwide.

The Global Rise

By the early 20th century, the tango had become a global phenomenon, celebrated in dance halls across Europe and North America. Its dramatic movements and emotional intensity captivated audiences, and it soon evolved into a sophisticated and stylized form, with various regional styles

emerging.

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## The Role of Tango in Strictly Come Dancing

### A Show-Stopping Performance

Within the context of Strictly Come Dancing, the tango is often regarded as a test of a dancer's precision, musicality, and ability to convey emotion. Its reputation as a passionate and intense dance makes it a favorite among viewers and judges alike.

### Why Tango is a Signature Style

- Technical complexity: The tango demands precise footwork and posture.
- Expressive storytelling: It allows dancers to portray passion, tension, or mystery.
- Visual impact: The dance's sharp movements, dramatic pauses, and elegant poses create a striking performance.

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## Technical Elements of Tango Strictly Come Dancing

Understanding the technical components is crucial for both performers and enthusiasts aiming to appreciate or learn the dance.

### Posture and Frame

- Upright and confident: Dancers maintain a strong, erect posture that exudes confidence.
- Closed hold: The leader and follower maintain a close embrace, with arms positioned to facilitate fluid movement.
- Frame stability: A firm upper body ensures control and precision during complex steps.

### Footwork and Step Patterns

- Basic steps: The fundamental tango step involves a sequence of slow and quick movements, emphasizing sharpness and control.
- Cruzada (Cross): A signature movement where one leg crosses in front or behind the other, adding drama and flair.
- Ochos: Circular movements of the feet, used for embellishments and transitions.
- Pivoting: Turning sharply on one foot to change direction swiftly.

### Timing and Rhythm

- The tango is typically danced to music in 2/4 or 4/8 time, with a characteristic syncopation.
- Dancers must master the "slow, slow, quick, quick, slow" rhythm pattern, aligning their steps precisely with the music.

### Movement and Dynamics

- Sharpness: Movements are deliberate and crisp, accentuated with pauses for dramatic effect.

- Flow: Despite the sharp steps, the dance requires smooth, flowing transitions.
- Dramatic pauses: Strategic halts heighten emotional tension.

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## Choreography and Style in Strictly Come Dancing

### Incorporating Drama and Emotion

Contestants are encouraged to interpret the music emotionally, portraying stories such as seduction, tension, or longing. This storytelling aspect is essential in scoring high marks.

### Emphasis on Presentation

- Posture and poise: Maintaining elegance throughout complex movements.
- Facial expressions: Conveying emotion to connect with the audience and judges.
- Costuming: Often featuring sleek, form-fitting attire with elements like ruffles or embellishments to accentuate movements.

### Common Choreographic Elements

- Dramatic poses: Extended arms and tilts convey intensity.
- Footwork embellishments: Quick taps, heel stops, and embellishments add flair.
- Partner work: Precise coordination between leader and follower, with moments of tension and release.

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## Challenges and Tips for Mastering Tango Strictly Come Dancing

### Common Challenges

- Maintaining balance during rapid pivots.
- Executing crosses and ochos precisely.
- Conveying the dance's emotional depth without overacting.
- Synchronizing with a partner while executing intricate steps.

### Expert Tips

- Practice posture and frame daily: A strong frame makes all movements more controlled.
- Focus on musicality: Listen to tango music outside of rehearsals to internalize rhythm.
- Break down complex steps: Practice figures slowly before increasing speed.
- Use video analysis: Watch professional performances to understand stylistic nuances.
- Work on expression: Engage facial muscles to portray emotion authentically.

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### Notable Performances and Memorable Moments

Throughout the history of Strictly Come Dancing, several tango routines have captivated audiences and judges:

- Celebrity and professional pairings showcasing passionate storytelling.
- Themed tangos, such as those inspired by film noir or classic Hollywood, adding narrative layers.
- High-scoring performances that blend technical mastery with emotional depth.

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## The Impact of Tango on Viewers and Participants

### For Viewers

The tango's dramatic flair makes it one of the most visually striking dances on the show. Its combination of technical precision and emotional storytelling often leaves audiences inspired and emotionally moved.

### For Contestants

Learning and performing the tango can be transformative, boosting confidence, enhancing stage presence, and deepening appreciation for dance as an art form.

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## Conclusion

Tango Strictly Come Dancing epitomizes the dance's core qualities: passion, precision, and storytelling. Its roots in Argentine culture lend it an aura of mystique and intensity, which contestants strive to emulate on the ballroom floor. Whether you are a dance enthusiast, a student learning the art, or a casual viewer, understanding the technical and expressive elements of the tango enhances appreciation for its beauty and complexity. As a showcase of artistry and dedication, the tango remains a highlight of Strictly Come Dancing, inspiring both performers and audiences worldwide to embrace the dance's fiery spirit.

## [Tango Strictly Come Dancing](#)

**tango strictly come dancing:** *Alana Dancing Star: LA Moves* Arlene Phillips, 2010-10-07 Book 2: LA Moves Welcome back to Alana's world - dancing is her number one passion. But everyone at school prefers pop stars to ballroom stars. Can she and her best friend, Meena, pull off a great routine for the school review? Soon enough, a trip to Mademoiselle Coco's Costume Emporium has Alana on another magical dance adventure, this time doing the coolest street dancing moves in LA with the hottest boy band around. Maybe she can show everyone just how cool dancing can be after all? Full of magic, glamour, glitter and loveable characters, each story centres around a brand new dance - from fox trot to tango, samba to street dance. Perfect for fans of Darcey Bussell's Magic Ballerina and Katie Price's Perfect Ponies, as well as TV hits such as Strictly Come Dancing, Dancing on Ice, So You Think You Can Dance?, X-Factor and Britain's Got Talent.

**tango strictly come dancing:** *Alana Dancing Star: Samba Spectacular* Arlene Phillips, 2010-10-07 Book 1: Samba Spectacular Meet Alana - totally mad about dancing and surrounded by totally mad people. There's mum Suzanne and sister Abi pestering her non-stop at home, snotty Verity at dance class, and clumsy new girl Alice. Tomorrow's the big Latin show at Step Out Studio: but her Samba routine still isn't good enough and now mum's forgotten to make her dress. Things

could be heading for major disaster! So when Alana discovers Mademoiselle Coco's mysterious costume shop she can't believe her luck. Not only does she find the perfect dress, but it marks the beginning of a wonderful magical adventure of dancing and making new friends at the Brazilian carnival. Full of magic, glamour, glitter and loveable characters, each story centres around a brand new dance - from foxtrot to tango, samba to street dance. Perfect for fans of Darcey Bussell's Magic Ballerina and Katie Price's Perfect Ponies, as well as TV hits such as Strictly Come Dancing, Dancing on Ice, So You Think You Can Dance?, X-Factor and Britain's Got Talent.

**tango strictly come dancing: Alana Dancing Star: A Viennese Waltz** Arlene Phillips, 2011-01-06 Welcome to Alana's magical world of dance . . . Alana is getting ready for the Ballroom Bonanza competition in London. But Mum needs her to spend all her time babysitting, and now she's lost her partner. Madame Coco has just the solution - a beautiful gown that magically transports her to the royal ballrooms of Vienna. Will Alana be able to dance with a prince and make it back to waltz her way to brilliance in the Ballroom Bonanza?

**tango strictly come dancing: Gone in the Morning** Geoff Mead, 2017-09-21 Looking at how Geoff Mead learned to cope with the grief of his wife's passing, this book shows the importance that 'artful practice', such as writing, can have in making sense of the experience. A moving first person account, it will be of interest to anyone wanting to learn about the different ways of mourning and commemorating a life.

**tango strictly come dancing: Tango Tangle** Chloe Melody, 2012-11-01 Join the girls at the Strictly Dance Academy and experience all the fun and glamour of Strictly Come Dancing. Meet Bella, Natalie and Sofia - three dedicated pupils who love to dance! Bella loves to dance! So when an invitation arrives to audition for Strictly Dance Academy Bella can't wait to try out. But there are so many other talented girls with the same dream. Can Bella dazzle the judges and beat the competition to take her place under the glitterball spotlight? A must-read for anyone who has ever wished they could be a part of the glamorous world of Strictly Come Dancing. Strictly Come Dancing (or Dancing with the Stars as it is known in the US) is a key BBC one show and can be seen in over 75 countries with approximate worldwide viewing figures standing at 250 million. It was the UK's highest rating programme of 2012 excluding The Olympics, Euro 2012 and The Diamond Jubilee Concert. 'Sure to be a hit with star-struck little girls.' The Scotsman 'It's amazing and a really exciting book to read!' Grace, 7 'The pictures were beautiful and I think all girls of my age will love it!' Aimee, 10 'It made me think I was really at Strictly!' Lucy, 7 'I loved the Bella adventures. There were wonderful descriptions of the characters.' Josie, 7 'The book is really, really good. It's almost like I'm there watching.' Sigalia, 7 'I can't wait to read the next book.' Susan, 8 'I like the characters very much and am looking forward to the next book.' Eden, 8 'Once you start it, you can't stop reading it!' Levana, 8

**tango strictly come dancing: Alana Dancing Star: Bollywood Dreams** Arlene Phillips, 2011-01-06 Welcome to Alana's magical world of dance . . . World-famous choreographer and star judge of So You Think You Can Dance?, Arlene Phillips's brings us Alana Dancing Star - the hottest series in girls' fiction. Alana wants to help her best friend Meena audition for a brand new show Bollywood Dreams. They both love Bollywood films, but they're not sure they've got the steps quite right. Madame Coco knows just what to do! It's one short trip to her Costume Emporium before Alana is magically whisked off to the set of a fabulous new Bollywood film, dancing with beautiful movies stars and learning all the best steps to help make Meena a star too.

**tango strictly come dancing: Latin Dance** Isabel Thomas, 2011-01-01 Entry in the On the Radar series focuses on saucy, vibrant latin dance.

**tango strictly come dancing: The Official Strictly Come Dancing Puzzle Book** Neil Somerville, 2025-09-25 Can you find a Viennese waltz in a word search? Or fit a tango in a criss-cross? Do you know what Craig said about the cha-cha-cha? And how long will it take you to riddle your way across a dancefloor? The Strictly Come Dancing Puzzle Book is all about the games in the glitz, the brain-teasers beneath the bright lights. Between mind-boggling codes and crosswords, word ladders and word searches, this book is sure to set your thoughts twirling. Test

your knowledge and sharpen your wit until your mind moves as quickly as even the most seasoned professional, with this perfect gift that promises to delight Strictly fans of all ages. From unscrambling first rehearsals to decoding final dance-offs, it's time for you to take the stage and embark on your very own Strictly puzzle journey.

**tango strictly come dancing:** *The Oxford Handbook of Dance and Competition* Sherril Dodds, 2019 This Handbook asks how competition affects the presentation and experience of dance.

**tango strictly come dancing: The Rough Guide to Argentina (Travel Guide eBook)** Shafik Meghji, 2016-10-03 The Rough Guide to Argentina is the ultimate guide to this beguiling country, with detailed coverage of its beautiful cities and wild national parks. You'll find all the practical information you need, as well as suggested itineraries, historical and cultural context, and our expert authors' top tips. Reviews - in Rough Guides' honest, tell-it-like-it-is style - show you the best places to eat, sleep, drink, dance and shop, no matter what your budget. Get to know the cosmopolitan capital, Buenos Aires, with a sultry tango class, dinner at a secretive puerta cerrada restaurant, or a raucous football match; learn about the mysterious gauchos with an asado in a frontier town or a stay at an estancia; and follow in the footsteps of Che Guevara with your own trip along some of South America's most iconic roads. Whether you're climbing mountains and sailing past glaciers or sipping wine in a sunlit vineyard, the clear maps and authoritative prose of The Rough Guide to Argentina will help you make the most of your time in this captivating country.

**tango strictly come dancing: The Rough Guide to Argentina (Travel Guide eBook)** Rough Guides, 2019-09-01 World-renowned 'tell it like it is' guidebook Discover Argentina with this comprehensive, entertaining, 'tell it like it is' Rough Guide, packed with comprehensive practical information and our experts' honest and independent recommendations. Whether you plan to ride horses on an estancia, dance tango in Buenos Aires, hike across Glaciar Perito Moreno or visit the elephant seals at Península Valdés, The Rough Guide to Argentina will help you discover the best places to explore, sleep, eat, drink and shop along the way. Features of The Rough Guide to Argentina: - Detailed regional coverage: provides in-depth practical information for each step of all kinds of trip, from intrepid off-the-beaten-track adventures, to chilled-out breaks in popular tourist areas. Regions covered include: Buenos Aires, Buenos Aires Province, Córdoba and the Central Sierras, The Litoral and the Gran Chaco, The Northwest, Mendoza and El Cuyo, The Lake District, Patagonia and Tierra del Fuego. - Honest independent reviews: written with Rough Guides' trademark blend of humour, honesty and expertise, and recommendations you can truly trust, our writers will help you get the most from your trip to Argentina. - Meticulous mapping: always full-colour, with clearly numbered, colour-coded keys. Find your way around Buenos Aires, Patagonia and many more locations without needing to get online. - Fabulous full-colour photography: features a richness of inspirational colour photography, including the captivating scenery of Patagonia, the Central Sierras, the Lake District and the Quebrada de Humahuaca. - Things not to miss: Rough Guides' rundown of Buenos Aires, Mendoza, the Lake District and Patagonia's best sights and top experiences. - Itineraries: carefully planned routes will help you organise your trip, and inspire and inform your on-the-road experiences.? - Basics section: packed with essential pre-departure information including getting there, getting around, accommodation, food and drink, health, the media, festivals, sports and outdoor activities, culture and etiquette, shopping and more.? Background information: comprehensive Contexts chapter provides fascinating insights into Argentina, with coverage of history, religion, ethnic groups, environment, wildlife and books, plus a handy language section and glossary - Covers: Buenos Aires, Buenos Aires Province, Córdoba and the Central Sierras, The Litoral and the Gran Chaco, The Northwest, Mendoza and El Cuyo, The Lake District, Patagonia and Tierra del Fuego About Rough Guides: Rough Guides have been inspiring travellers for over 35 years, with over 30 million copies sold globally. Synonymous with practical travel tips, quality writing and a trustworthy 'tell it like it is' ethos, the Rough Guides list includes more than 260 travel guides to 120+ destinations, gift-books and phrasebooks.

**tango strictly come dancing: Tango Tangle** Chloe Melody, 2012 Bella loves to dance! When an invitation arrives to audition for the Strictly Dance Academy Bella can't wait to try out but she'll

need to dazzle the judges and beat tough competition to win a place. Can Bella go from shy to shining as she takes her place under the glitterball spotlight?

**tango strictly come dancing:** *Tango Dance and Music* Kendra Stepputat, 2024-01-30 This book investigates choreomusical aspects of tango argentino in translocal practice, in particular its current manifestation in Europe. It looks at translocal tango argentino in its many facets: movement structures, sound structures, dancers and musicians, and the complex relations between these factors that all have their share in shaping the practice. Beyond being the first extensive monograph about translocal tango music and dance, the book crosses borders in the use of both qualitative and quantitative methods, ranging from participant observation to statistical data evaluation, including optical motion capture for movement analysis. The book contains a brief historical overview of tango argentino practice in the twentieth century, bringing together the development of music and dance in a holistic way to better understand the background of the current interconnectedness. The first main part of the book focuses on the “danceability” aspect of tango music. The exploration is based on tango DJs’, tango dance teachers’, and tango musicians’ view of tango danceability as well as experimental approaches. The second part is dedicated to tango dance and its “musicality”. It investigates with quantitative and qualitative methods tango movement repertoire and principles and how these relate to tango musical features. The Open Access version of this book, available at <http://www.taylorfrancis.com>, has been made available under a Creative Commons [Creative Commons Attribution-NonCommercial-ShareAlike (CC-BY-NC-SA)] license.

**tango strictly come dancing: The Essential Guide to Ballroom Dance** Janet Cunningham-Clayton, Malcolm Fernandes, 2019-07-29 Ballroom dancing has become an increasingly popular pastime for all ages, inspired in recent years by reality TV dance programmes throughout the world. As one of the most inclusive dance genres, it offers both a social and competitive outlet for every ability. The Essential Guide to Ballroom Dance offers a comprehensive study of the main ballroom dance styles, including the Waltz, Foxtrot, Quickstep and Tango. Topics covered include a brief history and development of ballroom dancing; a beginner's guide to partnerships, positioning and footwork; dance-specific techniques, steps and routines; the mechanics, application and fundamentals of movement; musicality and choreography and, finally, exercises, diet and nutrition. With clear step-by-step instructions, 150 colour photographs, and a foreword by Anton Du Beke, this is an ideal companion for the beginner ballroom dancer. Janet Cunningham-Clayton is a former Senior British Ballroom Champion and has over twenty-five years of dancing experience, and Malcolm Fernandes has over thirty years experience in the ballroom dance industry with a particular specialism in music.

**tango strictly come dancing: Standing on the Shoulders** Dan Walker, 2022-10-13 'SUCH AN INCREDIBLE READ' ZOE BALL 'ONE OF THE YEAR'S MOST INSPIRING BOOKS' HOLLY WILLOUGHBY With a foreword by 2021 Strictly Come Dancing winner Rose Ayling-Ellis, and including chapters on Rose and her mum, the 3 Dads Walking, Martin Hibbert, Paul and Nick Harvey, the heroes of Fishmongers' Hall, and Jimi Olubunmi-Adewole. Dan Walker is back, determined to keep shining a light on the kindness, compassion and selflessness which continue to characterise so many people and their actions right across the country. As one of the UK's leading journalists, Dan has made it his life work to focus on people who often act as the catalysts for change: the unheralded champions who frequently go without getting the recognition they deserve. The new book from the author of the bestselling Remarkable People contains a totally fresh batch of humble heroes whose actions, bravery and determination have helped shape their communities. Standing on the Shoulders asks who are these little-known marvels and what makes them tick? What do they have in common? What can we all learn from them? Is there something special in the chain of events? What does it take to make a lasting impact on others? History can be cruel and forgetful to those who don't shout about their own success or good deeds, but Standing on the Shoulders is a beautifully-written and illuminating celebration of ordinary people and the extraordinary things they do. It is also a timely reminder of the goodness and positivity that drives us forward during challenging times.

**tango strictly come dancing: Sitting Pretty** April Hardy, 2016-07-07 Professional pet-sitter Beth believes her Greek boyfriend, Alex is the one. So when he's offered a job in Dubai, he and Beth marry so they can move there together. But on the day they're due to fly to their new life, Alex says their marriage was a mistake and ends it. By phone. Beth is suddenly husbandless and homeless. Distraught, and with her life in turmoil, when her old boss asks a favour she agrees on autopilot, and goes to feed Talisker the cat, whose handsome but dour owner Henry travels one week in three. Finding herself in luxury surroundings, with nowhere to go and determined not to hear her mother's "I told you so", she sleeps on Henry's sofa. Next day, Beth has her job back and a plan. For the time being, she'll quietly stay in her clients' homes until she can convince Alex that this is all a big mistake. She's pretty sure squatting's against the law, but if she's careful, no one need find out ... until the mysterious Henry comes home unexpectedly.

**tango strictly come dancing: Ageing, Physical Activity, Recreation and Wellbeing** Barbara Humberstone, Maria Konstantaki, 2016-08-17 This book will serve to raise awareness of ways of healthy ageing that are facilitated by different forms of, and approaches to, physical activity, exercise and recreation. It presents a collection of studies focusing on the effectiveness of different methods that promote an active lifestyle among communities and older people in general. The contributions draw upon qualitative and quantitative paradigms that have 'active ageing' at the core of their investigations. The book imparts knowledge about recent advances in physical activity, recreation and wellbeing initiatives that will benefit the academic community and the wider public. It will also dispel myths about ageing and physical activity, 'trouble' popular notions of ageing, and present different intervention strategies and approaches that will serve to improve older peoples' lives and develop an understanding of active and healthy ageing. Examples are drawn from both global and local perspectives, walking initiatives, exercise classes for the over 50s, a 'dancing the tango for the D/deaf' project, an inter-generational dance project, 'Movers and Shakers' exercise intervention studies, and yoga/swimming and windsurfing case studies.

**tango strictly come dancing: The Waltzing Body in Victorian Literature** Sabrina Gilchrist Hadyk, 2025-03-27 The Waltzing Body in Victorian Literature: Narratives of Sexuality and Power traces the evolution of the waltz from a taboo dance in the early nineteenth century to a gracefully nostalgic practice that must be preserved by the century's end. While Sabrina Gilchrist Hadyk references eighteenth-century authors to frame the waltz's initial reception in England, the study focuses primarily on Victorian authors who shaped how and why this dance was paradoxically viewed as elegant, effeminate, and sterile. Hadyk explores female sexuality and the concept of choice in the ballroom; a shifting and sometimes contradictory understanding of masculinity through male performance; the erasure of and reclamation of queer desire in heterosexual courting spaces; and the rhetoric of new technologies that attempted to contain, shape, and memorialize a temporal art form. A brief epilogue considers how late-Victorian (and heavily sanitized and romanticized) depictions of the waltz reverberate today in popular films and reality TV, which perpetuate Victorian assumptions about class, gender, sexuality, and more. By understanding the history of the waltz, the reader is invited to examine the dizzying discomfort that many Victorians expressed about forging ahead into a modern (and modernizing) world, particularly at the turn of the century. With comparatively little scholarship around understanding dance scenes and dance semiotics in literature, this book articulates a new interpretive path for familiar and unfamiliar nineteenth-century narratives, offering new ways of understanding and engaging with the role and culture of dance.

**tango strictly come dancing: Apprenticeship Pilgrimage** Lauren Elizabeth Miller, Jonathan S. Marion, 2017-12-29 Lauren Miller Griffith and Jonathan S. Marion introduce the concept of apprenticeship pilgrimage to help explain why performers travel to places both near and far in an attempt to increase both their skill and their legitimacy within various genres of art and activity. What happens when your skill-level surpasses local training opportunities, whether in dance, martial arts, or other skills and practices? Apprenticeship Pilgrimage provides a new and exciting model of apprenticeship pilgrimages—including local, regional, opportunistic, and virtual—that practitioners

undertake to develop embodied knowledge, skills, and legitimacy unavailable at home. For most people, there is a limit to how much training is available from the teachers and classes at home. As skill and know-how increase, the resources and training opportunities available become limits on one's learning. Similarly, a practitioner's legitimacy may be suspect without exposure to appropriate cultural context, such as ties with the homeland of certain dance forms or martial arts. Whether for skill alone, or activity-specific legitimacy, individuals may feel compelled to travel for training. Such travelers see themselves quite differently from other tourists, and the seriousness with which they pursue their journeys makes it appropriate to call them pilgrims. Given the goal of learning from and developing their own skills by training with experts at their destinations, apprenticeship pilgrims is even more appropriate. Rather than focus on specific geographic regions or genres of apprenticeship, this book builds a robust theoretical framework for understanding the role of travel for developing expertise in embodied genres. This book links and expands on the existing scholarship concerning anthropologies of education and tourism, but takes new strides in exploring the global circumstances wherein skill development requires travel. Throughout, the authors use apprenticeship pilgrimage as a robust new framework for considering the interrelated roles of going, learning, and doing for identity construction within contemporary globalization. For more information, check out [A Conversation with Lauren Griffith and Jonathan Marion](#)

**tango strictly come dancing: Know it All, Find it Fast for Youth Librarians and Teachers**  
Christinea Donnelly, 2012 A brand new version of the best-selling enquiry desk reference text, *Know it All, Find it Fast*, specifically designed for those working with children and young people in schools, public libraries and at home. Including an invaluable overview of the education system and the school curriculum as well as a comprehensive listing of useful resources by topic, this A-Z covers school subjects from science and maths to reading and literacy, and more general themes such as children's health, wellbeing and hobbies. Each topic is broken down into useful sections that will help to guide your response; Typical questions outline common queries such as 'Have you got any information about volcanoes?' Considerations provides useful hints and tips i.e. 'Geography now encompasses not only physical and human geography but also environmental geography, social geography, geology and geopolitics.' Where to look lists relevant printed, digital and online resources with useful annotations explaining their scope and strengths Readership: This is the must-have quick reference tool arming librarians and teachers with the knowledge to deal with any queries thrown at them from children and young people as well as their parents and caregivers. It will also be a handy reference for parents and anyone working with children and young people in other organizations such as homework clubs and youth workers.

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