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TITLE: CORE MOVES







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60 MIN. VHS; 100 MIN DVD
FRESH RECAP OF THE CORE MOVES
LEARN 5 KEY TRANSITIONAL MOVES. LEARN
HOW TO INCORPORATE THE CORE MOVES & DEVELOP A DANCE ROUTINE THAT IS UNIQUE FOR YOU.

VHS PRODUCT #PHF1003VV VHS UPC# 808217020312 **DVD PRODUCT #1003DD** DVD UPC# 808217020428





60 MIN. VHS; DVD EXTRAS

LEARN TO SPICE UP THE CORE MOVES BY INCORPORATING A CHAIR INTO YOUR ROUTINE. LEARN TO DANCE WITH A SINGLE CHAIR, TWO-CHAIRS, AND HOW TO DANCE FOR A PARTNER

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TITLE: THE EXOTIC PARTY





90 MIN DVD

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