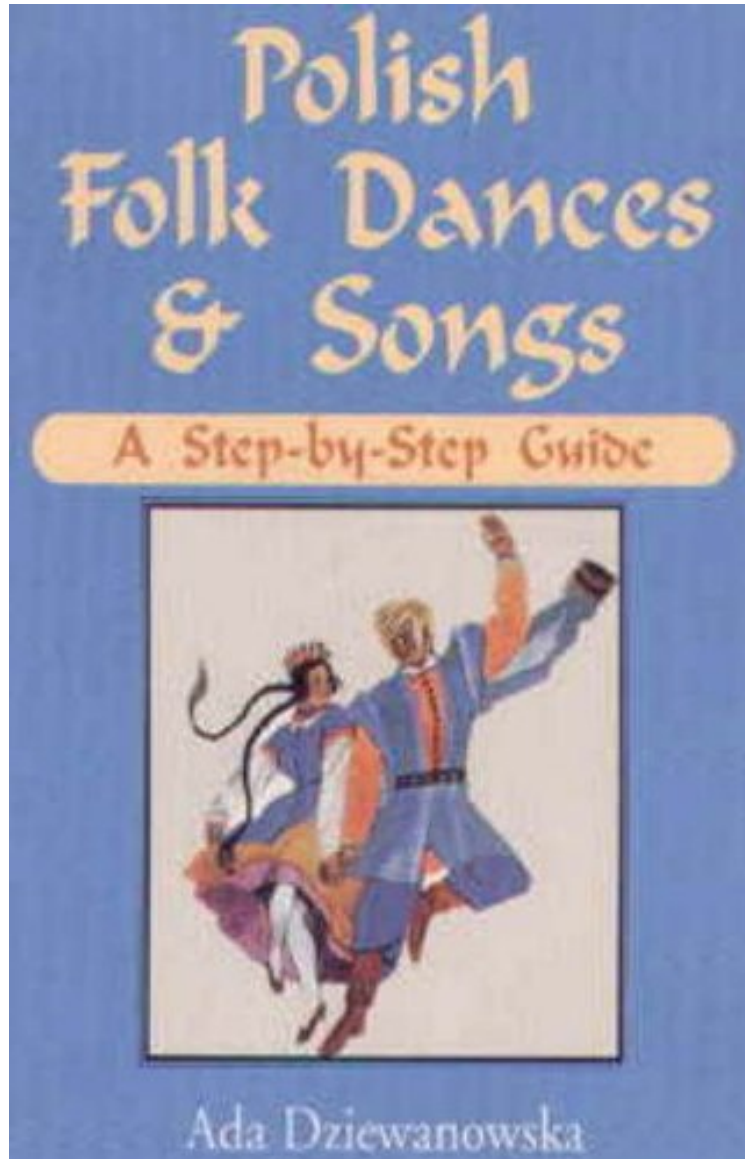


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This comprehensive work contains in-depth descriptions of Poland's most characteristic dances. Step-by-step instructions on basic steps with illustrations and over 90 appropriate musical selections with historical information on folklore. The author was born and raised in Poland and is the artistic director and choreographer of the Syrena Polish Folk Dance Ensemble in Milwaukee.