

Title:

Louis Let's Dance: Learn How To Dance With World Champion Louis van Amstel

Word Count:

695

Summary:

Not just any dance lessons mind you; I am going to take lessons from a Star. Just the other ni

Keywords:

louis lets dance, dancing with the stars, louis van amstel, ballroom dancing, romance building

Article Body:

If you are anything like me, you look at yourself in the mirror only if absolutely necessary.

Are we crazy, why are we doing this to ourselves?

You are supposed to be happy about the way you look. You are supposed to be above all of the m

Now if you're a guy, you would probably not relate to the weight issue, as men do not seem to

So in answer to my first question: Yes, we are crazy. We should all listen to our mothers, who

Let's forget the looks part of it and concentrate on what is really important, which is our he

It is time to get off the couch and make the changes in our lives that will make us a healthie

Exercise is the key to happiness, exercise is the key to happiness, I keep telling myself this

Hey wait a minute, lets make this fun, who say's exercise has to be dull and full of pain? I'v

Not just any dance lessons mind you; I am going to take lessons from a Star. Just the other ni

If you are going to learn how to dance why not learn from the best? I have heard that he is a

I am going to learn all the greatest dance steps like the: Cha Cha, Salsa, Waltz, Tango, Sumba

The best part is, I am going to lose those extra little love handles that I have been carrying

My girlfriend, who bought the 8 disc set a couple of months ago, is already dancing like a sta

I don't have a boy friend right now but that is not going to stop me. I am going to learn how

Watch out world, here I come; I will be leaner and healthier and KNOW HOW TO DANCE!

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