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# Dancing Lessons: How I Found Passion And Potential On The Dance Floor And In Life



## Synopsis

The inside story of the life of Cheryl Burke, TV star, dancer, choreographer, and two-time champion on the top-rated TV hit series *Dancing with the Stars*. Cheryl Burke has been dancing since the age of four and competing since she was thirteen years old. Over several exciting seasons, she has captivated audiences of *Dancing with the Stars* with her incredible dance performances, Emmy-nominated choreography, high energy, and bright smile. In *Dancing Lessons*, she takes you from her childhood years into the world of competitive ballroom dancing and on to *Dancing with the Stars*. Includes behind-the-scenes stories and photos from the life of the first two-time champion of *Dancing with the Stars*. Shares lessons Cheryl has learned from her celebrity partners on *Dancing with the Stars*, from Drew Lachey to Chad Ochoicino. Includes personal revelations concerning Cheryl's childhood, weight issues, and the media. In *Dancing Lessons*, Cheryl Burke whisks you away to a world full of dancing, entertainment, and living to the max. In each chapter, you will discover a depth of passion in Cheryl's life that perfectly matches the commitment she displays on the dance floor. Cheryl's accounts of being a powerful woman putting her talent to work will inspire readers everywhere to pursue their own dreams. "Not only an amazing dancer, but a kick-ass woman to look up to." — Jenny McCarthy

## Book Information

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## Customer Reviews

I sat down this morning with my book club selection and thought about reading some more of it but I

knew that this book had been delivered to my Kindle a few days ago and was dying to get a taste. I'm a crazed DWTS fan and have always respected Cheryl's immense talent, but was leery that this book might be a trivial let down, I was wrong!!!! decided I'd sneak a taste and that turned into a 4 hour cover-to-cover read with YouTube stops along the way. What a treat!!! Her words made me laugh and they also brought a few tears to my eyes as well. Cheryl and I share the same hometown of the Bay Area and I'm also half Asian and Caucasian, so I've always kind of related to her on some level and although I'm 19 years her senior, I've always felt a kinship to her. This book is a really easy, entertaining, heartfelt and self-actualized read. I was tremendously surprised at her maturity and overall sense of accomplishment, not just in her professional life but at the adversity she has had to rise above. She seems to be a woman who's really tried and succeeded at learning the lessons we all learn in our twenty's and not making any excuses for them or justifying any lack of responsibility for their existence. I commend her as there are many people far older still trudging that beaten road!!If you are a fan of dancing in any way, I think you will find this a fulfilling way to spend a few hours! And thanks Cheryl, for your honesty and candid words, they were a joy, as are you.

As a fan of Dancing With The Stars, I was interested in reading the two-time champion Cheryl Burke's memoir "Dancing Lessons." And if you're a fan of Cheryl or the show, there's certainly some interesting insight inside. Born to a Filipina mother and an American father, Cheryl grows up in a multi-cultural household. Although Cheryl grows up without her father, she gets cared for by nannies and encouraged by her entrepreneur mother. Post high school, however, Cheryl attends some classes at a community college and realizes that she hates it. Fueling the only passion she has known since childhood--her passion for dancing--Cheryl decides to become a professional dancer and moves to New York City to achieve her dreams.A big chunk of the book is devoted to Cheryl's Dancing with The Stars experience--including a typical day on the set, and Cheryl's take on all her partners (Drew Lachey, Emmitt Smith, Rick Fox, Gilles Marini, and Tom DeLay to name a few) on the show, and the lessons she took away from them. Cheryl also shares some intimate moments from her life, such as childhood abuse and bad relationships.Overall, I enjoyed reading this memoir and learning a bit more about Cheryl. As the title hints, each chapter begins with a "dancing lesson" (description and brief history of various ballroom dances), which was an interesting touch. Because Cheryl is so young (Tom Bergeron notes in his introduction of the book that he was in his fifties before he began writing his own memoir), it would be interesting to see if she succeeds in any of the endeavors she mentions in the book.

Summary: Cheryl Burke, former professional dancer on Dancing with the Stars, tells about her experience working on Dancing with the Stars as well as her childhood, including sexual abuse by a family friend. Pros: I'm a big fan of Cheryl and Dancing with the Stars so I was very interested to read this biography. I learned some interesting things I didn't know about Cheryl, such as she was very camera shy when she first started on television. I am also a childhood sexual abuse survivor, so it was inspiring to read about Cheryl's experience, particularly when she went to trial to testify against her abuser. This was very similar to my experience, and so I was particularly interested in this section. Cons: The book is slightly disjointed and jumps around following styles of dance, rather than anything chronological. The book was also written awhile ago, so there is nothing about her recent partners. There is also very little new information about Dancing with the Stars or much a fan wouldn't already know. It seems that the book was written too early. I think Cheryl's career and life will continue to become more nuanced and interesting and I would rather read a book written by her five years from now versus one from a few years ago. Conclusion: If you are a fan of Cheryl, you will enjoy the book but you won't learn much you didn't already know.

This book was very well written. From the heart. Would be a good read for teenage girls who are shy and haven't yet found themselves. Cheryl's story is very moving. Loved how she is so loving of her Mother and gives her much credit for who she is.

Nice behind the scenes description of the relationships formed between professional dancer and contestant. I bought this as a prelude to the new season that was to start in a month. I was disappointed that Cheryl was not one of the professionals in this season. It was great however to see all the projects and activities that are making Cheryl flourish on her own! It was also very interesting to read how her childhood and relationships helped her to grow into the person she is today. I look forward to seeing her on the show again in the future!

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