

Write foot forward

Katie Gregory talks to “Strictly Come Dancing” star Anton Du Beke about the release of his first book, *Anton’s Dance Class*

KG: Where did the idea for the book stem from?

ADB: Kyle [Cathie], the publisher, mentioned the idea to me initially. I have thought about writing a book some time in the future, but more to look at the history of dance rather than teaching. But she suggested making it less technical than all the other instructional books, because they’re all like that – I find them difficult to follow myself. So, I’ve tried to make *Anton’s Dance Class* simple to follow, and a bit of fun – like taking a beginners class with me and just enjoying it.

KG: Is that what sets it apart from the other similar products on the market?

ADB: Yes, I think it’s more about having fun. The language is simpler and easier to understand. I say in the book actually: if you want instruction, go to a dance class. But if you want a fun introduction to dance, then this book is for you. I had a lot of fun making it, with Erin [Boag] and Flavia [Cacace].



KG: What makes a good dance partner?

ADB: You’ve got to stand well – posture is very important. As a man you need to hold well and be positive in your lead. For a lady partner it’s important to be sensitive to your lead, and not to guess too often. Often the ladies I dance with try to guess too much, but not even I know what I’m going to do next! ➔

Above, an illustration of Anton and Erin by David Downton, taken from Anton’s Dance Class.