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## Dancing Lessons: How I Found Passion and Potential on the Dance Floor and in Life

Cheryl Burke

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**Cheryl Burke : Dancing Lessons: How I Found Passion and Potential on the Dance Floor and in Life** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Dancing Lessons: How I Found Passion and Potential on the Dance Floor and in Life:

1 of 1 people found the following review helpful. If you are a fan of Cheryl, you will enjoy the book By Fern C. 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.

30 of 31 people found the following review helpful. Liked Cheryl before, LOVE her even more now!!!

By Joan Davidson 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!!! I 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.

1 of 1 people found the following review helpful. An interesting insight into the real Cheryl Burke.

By Jeffrey the Barak Ms. Burke told her story well. It was interesting to understand how she developed from a young competitive ballroom dancer into a worldly public figure, and to hear how she surmounted the issues of her new-found public life as well as the personal issues she had from her childhood experience. It would be interesting to read an autobiography or biography of her mother after reading this. She sounds just as interesting as Cheryl.

The title is apt because through dancing, Cheryl learned the lessons of interaction with other people and entities, how it can go badly wrong, and how it can go amazingly well.

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 Ochocinco. 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

From the Inside Flap "All of my fears and insecurities, the adrenaline rushing through my body, the perspiration on the palms of my hands—it all came to a boil. Then the music started, and like so many times before, the nerves vanished. The minute and thirty seconds I had to dance . . . was magic." On February 26, 2006, professional dancer Cheryl Burke and pop singer Drew Lachey were declared the winners of Dancing with the Stars on Cheryl's first season with the show. As the media parade began, it was a unique moment of validation and transformation for Cheryl that marked the start of an exhilarating new stage in her life and her career. How did this once shy girl, a girl who loved to dance but gave up ballet because she didn't have a "ballet body," overcome numerous insecurities to realize her dream of a successful dance career and become a champion—twice—on one of the most popular shows on television?

In Dancing Lessons, Cheryl Burke invites you into her life to experience her remarkable journey, from her first dance steps to ballroom dancing competitions around the world to Dancing with the Stars. Cheryl shares the glamour and excitement of the ballroom dancing world as well as the grit and hard work it demands of competitors. Leading you into the rehearsal studios and backstage at Dancing with the Stars, Cheryl tells surprising stories about her celebrity partners and what she has learned from each of them. You'll find out how she and Drew

Lachey came up with the sexy moves of their winning freestyle dance routine and how Tom DeLay really felt about wearing rhinestones, as well as what Emmitt Smith taught her about respect and which Dancing with the Stars partner Cheryl came close to dating. Speaking candidly about her long struggle to transform self-doubt into self-confidence, Cheryl opens up in this book about her body issues and her difficulties in dealing with the media spotlight on her weight. She also tells the truth about the press's attempts to portray her as a party girl. At every stage, her family played an important role in keeping her focused on her future even while they sometimes disagreed about whether that future would include making a living from dance. As irresistible as the tango and as uplifting as the jive, *Dancing Lessons* is an engaging story of courage, passion, and persistence. Read it and let Cheryl inspire you to give yourself permission to dance, as she tells her students, and pursue your own dreams, one step at a time.

From the Back Cover *Dancing Lessons* Cheryl Burke has been dancing since the age of four and competing since she was thirteen years old. A two-time back-to-back champion on *Dancing with the Stars*, she has captivated audiences with her creative 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 behind the scenes on *Dancing with the Stars*. "Cheryl Burke shares her inspiring story of how she overcame a painful past to fulfill her dreams. Not giving up and healing past resentments are why she is not only an amazing dancer, but a kick-ass woman to look up to." —Jenny McCarthy

In *Dancing Lessons*, Cheryl Burke shows us not only how she got to be such a great dancer, but how she came to be such a terrific person. I enjoyed reading this book, and I know you will, too." —Emmitt Smith

Cheryl Burke has inspired millions of people to get up and dance. In *Dancing Lessons*, she shares with us her inspiration and the ups and downs that have led to her success." —Drew Lachey

About the Author CHERYL BURKE is the only professional dancer to appear four times in the finals of ABC's top-rated show *Dancing with the Stars*; she is a two-time back-to-back champion. She owns two dance studios in California.