

Anton du Beke

Quotes

*Dancing, Dancer, Latin, People, Self, Healthy, Two, Opportunity, Goal, Golf,
Said, Mother, Play, Ifs, Years, World, Reading, Fun, Giving, Favourite*

My perfect morning is spent drinking coffee, eating porridge and reading the paper at a local cafe.

~Anton du Beke

If things don't go fantastically, you just have to deal with it.

~Anton du Beke

I'm busier than ever and it's led to new opportunities. But I've never worried about being rich or famous - for me, it's all about the dancing.

~Anton du Beke

I don't like the Samba; it's nonsense. With a lot of these Latin dances I can't really understand what they're all about. I like the Rumba and the Paso Doble but the others I could take or leave.

~Anton du Beke

It's great that ballroom dancing is being recognised. For many years ballroom dancers were misunderstood and other dance forms didn't want anything to do with us.

~Anton du Beke

Ballroom is two people dancing together to music, touching in perfect harmony.

~Anton du Beke

I like to get up and get out. Otherwise you end up kicking about, and it's easy to flick the telly on; then before you know it, it is 11 A.M. and you haven't done anything.

~Anton du Beke

Sadly, it has often been said that my rear is better than my front, so thank you very much indeed.

~Anton du Beke

My goal is to be the best TV presenter, the best entertainer, the best singer. I still want to be the best dancer. I want to be the best at everything I do.

~Anton du Beke

Too many multi-vitamins are packaged as one size fits all, but you should be more specific about what you need. When I was competing as a dancer, I took zinc for healthy skin and immune system.

~Anton du Beke

Being fit is the easiest part of being a dance professional. I used to just throw on a backpack full of rocks and run up a hill. You don't even have to go to a gym.

~Anton du Beke

Ballroom dancing: it's a wonderful thing at so many levels because you've got to follow the rules. They used to call those rules etiquette once upon a time, but you don't really have that any more.

~Anton du Beke

When I'm dancing with any woman, I immediately get rid of intimacy barriers. I just give her a big hug and crack on.

~Anton du Beke

My only drive was to be the best dancer in the world, but I never won the world championship.

~Anton du Beke

I've been playing golf as long as I've been dancing, since I was 13 or 14. I play off six. I like to get out on a golf course as often as I can.

~Anton du Beke

Give up smoking. Don't get so fat. So much illness is self-induced - which I can't stand. And I'm not a good nursemaid. Don't call me if

you're ill.

~Anton du Beke

With the media how it is these days, people expect to know everything. I don't talk about my girlfriend because essentially she doesn't want to be talked about.

~Anton du Beke

My favourite dance is the Foxtrot. It's a proper dance with proper music. It has class.

~Anton du Beke

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