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Harmony Lyris began dancing at the age of 8 and currently co-owns Denver's premier school for Ballroom and Latin Dancing, Colorado Dancesport. She has won numerous titles in American Rhythm, American Smooth, and International Latin dancing. Harmony has been a respresentative at the World 10 - Dance Championships and the World South American Showdance Championships as well as being a finalist at the World Mambo and the World Salsa Championships. Harmony is also the co-author of the DVIDA Syllabus of Country Western Dancing.