

The Renaissance

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Neos Dances with the Stars September 19, 2009 8:00 PM

Traditionally used as an art form by which stories and tales could

be remembered and passed down over the ages, dance has also developed into showing the perfection of the human body and displaying the great feats that dedication and training can achieve. Dance is by its nature the expression of emotions, feelings and opinions through the movement and manipulation of the body. Dance very often finds itself in the form of telling a story or conveying emotion through choreography, set to a corresponding music score. Dance is therefore a vital form of expression; a medium which can be used to convey a message effectively and powerfully. In addition to the entertainment aspect, dance is also a physical activity. By increasing your muscle tone and your blood flow, dancing gives your heart a boost. Doing this on a regular basis will lead your heart to be a much healthier heart. Dance also relieves stress and releases endorphin which makes you feel happy and relieves and reduces instances of depression.



Dancing with the Stars is a reality show airing on American Broadcasting Company in the United States. The show is based on the United Kingdom BBC Television series *Strictly Come Dancing* and is part of BBC Worldwide international *Dancing with the Stars* franchise.

The show debuted in a short run from June to July 2005, then returned the following January and February. Beginning in the fall of 2006, ABC scheduled the show to air two seasons per year, one running from September to November and the other from March to May. The show has been picked up for a ninth season by ABC and will air Monday, September 21, 2009 at 8 PM.

Dancing With the Stars - Cardio Dance

On ABC's hit show *Dancing With The Stars*, countless pounds are shed and bodies transform before our very eyes. Now they've released a way for you to dance your way to fitness with three of the show's favorite pro dancers: Ashly, Kym and Maks. With this fat-blasting program you can learn four choreographed dance routines featuring some of the best moves from the show. Then shake things up with a bonus freestyle routine to test your new dance skills. Have fun and gain confidence on the dance floor while building a stronger, sexier, super-star body!

Learning to Dance: A Simple Method

1. Listen to and find the rhythm: this might mean tapping your feet, clapping your hands, or just counting out loud.
2. Bob your head to the rhythm: once you've found the beat, you can start to move your body – start with the head.
3. Shift your weight between your feet: start moving your body by shifting weight – try moving on every other beat.
4. Move your feet: Now, when you shift your weight, you can try to take steps. Start with small steps, but be careful not to step on anyone else.
5. Move the rest of your body: Now, when you take a step, try moving your hips or shoulders. At first, move everything in the same direction. As you get the hang of it, start adding variety.
6. Forget everything you've read and just get lost in the music. Dancing is about relaxing, moving to the rhythm of the music, and having fun...and if you're having fun, you're doing it exactly right!

