

# JOY of MOTION®

## DANCE CENTER



### Everyone Can Bust a Move

*Tuesday, September 21, 2010*

Dancing isn't only for dancers. But waltzing into a class at a studio can be incredibly intimidating for folks who've never had training before, says Doug Yeuell, the executive/artistic director of [Joy of Motion Dance Center](#). Instead of perfecting their plies and pirouettes, they tell him, "I just want to move."

So, Joy of Motion has launched its "MOVE" program with a series of dance classes meant for the layperson — but not the layabout. Inspired by the success at gyms (and now also at Joy of Motion) of [Zumba](#), which uses Latin dances as the basis of a workout, these hour-long lessons are focused on fitness rather than form.

"There's less of an emphasis on technique and more on continual movement," explains Heidi Schimpf, director of education and outreach. She's teaching Revolution, a chance for students to rewind to popular steps from past decades.

There's also Hip (belly dance), Muevete (another Latin blend), Grind (a mix of hip-hop, reggae and African) and a series of classes that incorporate yoga poses (Stretch & Flow, Stretch & Align, and Relax).

The format almost resembles aerobics more than dance: Start with a high-energy warm-up, move into cardio combinations and finish up with a stretch and toning segment. Although the dance instructors are still teaching choreographed moves, the idea is that the steps are broken down, frequently repeated and easy to pick up. "It allows the new student to feel successful quickly," Schimpf says.

Even if they can't follow the leader precisely, students will know they're burning calories, which is the real goal — and another joy of motion, Yeuell says. "Not only does dance give you physical benefits, but it also benefits the mind and engages the soul because it's an art form," he says. "That's why people choose it over other kinds of exercise."

#### Another Whirl

When you walk out of your first samba class at the [Capoeira Spot](#) (\$15; Saturdays, 4 p.m.-5:15 p.m.; 636 Florida Ave. NW), you might not completely grasp how to do the sexy Brazilian shuffle. But you'll definitely be drenched. Instructor Sonia Pessoa leads her class repeatedly across the floor doing different variations of the step until they're in a cardio trance. Don't worry if you can't mimic her moves exactly, although she gives newbies a few quick pointers. The focus is on keeping up, which is hard enough. "If your legs aren't burning by the end of class, you're doing something wrong," says regular Erica Smackum, 30.



*Written by Express' Vicky Hallett and Darona Williams*