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## CTS DANCE NEWS

### APRIL, 2022

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*You can't lie when you dance.  
It's so direct.  
You do what is in you.  
You can't dance out of the side of your mouth.*

Shirley MacLaine

### CAIRO SHIMMY QUAKE

It's been a minute since we were last together, live, in the same physical space. Yes, we danced throughout the pandemic online. Nonetheless, we are happy to be signed up to dance and visit dance friends at **CairoShimmyQuake** the first weekend in June. As usual **CSQ** has a wonderful line up of teachers and performers (including Zaltana). Pam is organizing a performance for the CTS Crew also. If you're interested in dancing, be sure to contact her asap. Whether you come for the hugs, to dance, or to watch the performances, mark your calendars and plan to be there!

### CTS DANCE VIDEO LIST

For your navigation convenience on the CTS Dance website, we have a list of the CTS videos organized by sample class, workouts, core / intense combos and routines. As more of us used the videos online during the pandemic, we noticed that the CTS dance vocabulary has gotten fairly large and navigating the CTS dance website became cumbersome. Please contact Robin or Pam to get a copy of this spreadsheet.

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## CTS DANCE CLUB

For a range of reasons RJ and Pam will be teaching live only through what we're calling the CTS Dance Club in 2022. Each club meeting will be with a pod containing a maximum of 3 people. The meeting will be customized to the interest/abilities of the people in that pod. A meeting will typically be for about 90 minutes. Meetings will be in our home studios (Rancho Mirage or Moreno Valley, CA), or online via Zoom. All dancers will continue to have access to Video-based practice materials. Please contact Robin ([Robin@DrRobinJohnson.com](mailto:Robin@DrRobinJohnson.com)), or text Pam (951.313.5240) to express interest, discuss schedules, and dues.

*Stay healthy and kind. Sending cyber hugs to you!*

Peace,  
Robin J.

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