

Hello. This is a reminder that you're receiving this email because you have expressed an interest CTS Bellydance. Don't forget to add Robin@DrRobinJohnson.com to your address book so we'll be sure to arrive in your inbox. You may unsubscribe if you no longer wish to receive our emails.

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CTS DANCE NEWS OCTOBER, 2021



Dance, and make joyous the love around you
Rumi

RJ AND PAM TEACHING NEW MOVES & GROOVES

We will be teaching another New Moves and Grooves class on **Saturday, October 23rd, 2021** via Zoom from **10:30am–noon** pacific time. These classes are open to all CTS dancers. They're free. New Moves and Grooves are designed to support your continuing CTS dance practice.

In this class, we'll teach a slower routine to a Light Rain song called "Dark Fire." It has a chiftetelli rhythm that includes single leg shimmies, wrap and reverse turns, chifty annas, saucy mayas and more. While you can do the routine on its own, Dark Fire is also great as a balancing routine. So, feel free to bring your sword or basket to this NM&G class.

If you plan to attend, do send me an **email** - requesting the zoom link information. If we do not have enough people signed up for the class we won't do it.

THE CTS DANCE WEBSITE

We have posted more videos to our completely revamped www.CTSBellyDance.com website to the **New Moves and Grooves** section of the Video-based instruction page. These include the fakeouts, naga, sexy walk shimmy, twist drop and vaudeville 2 combos. For those of you who are new to the CTS dance family, we've added the "One-Minute Drum", "Sand", and "Serpentina" (good for balancing baskets) routines. For our Intense CTS dancers, we added the "WeBaaden" drum solo and "Why Haven't I Heard" routines. Remember! You'll need the password (available to all past and present CTS dancers) to access the videos of these routines and combos. To get that password, send me an email -

Robin@drrobinjohnson.com

**RJ TEACHING CTS LIVE IN THE COACHELLA VALLEY –
AMY SIGIL VISITING**

Robin is teaching CTS classes on WEDNESDAY nights at 6:30 at Starlight Dance Studio on El Paseo in Palm Desert. Classes are \$10 (cash). Walk-ins welcome.

On October 13th Amy Sigil will be visiting. Walk-ins are welcome, but class space is limited. So, if you plan to pop in that evening please do let me know in advance. Email me - **robin@drrobinjohnson.com** - for additional details.

**PAM IS TEACHING CTS LIVE IN RIVERSIDE, CA -
AT SOURCE (YOGA) STUDIO**

She teaches CTS Core on Mondays at 7:30, and CTS Intense on Wednesdays at 7:30. Text Pam at 951.313.5240 for details.

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

Peace,
Robin J.

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