

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 SEPTEMBER, 2021



Energy moves in waves, waves move in rhythms,
rhythms move in patterns, patterns move in cycles.
A human being is just that. Nothing more.
Nothing less. A dance.”
Gabrielle Roth

RJ AND PAM TEACHING NEW MOVES & GROOVES

We will be teaching our first "New Moves and Grooves" class on Saturday, September 18th, 2021 via Zoom from 10:30am to noon pacific time. These classes are open to all CTS dancers. They are free. New Moves & Grooves are designed to support your continuing CTS dance practice. The first one will be a drum solo to a Hossam Ramzy song that includes bounces, the rj, pelvic walk, a poploc combo and more. Send me an **email** - requesting the zoom link information.

RJ TEACHING CTS LIVE IN THE COACHELLA VALLEY

Dr. Robin is teaching introduction to CTS belly dance classes on WEDNESDAY nights at 6:30 at Starlight Dance Studio on El Paseo in Palm Desert starting September 8th. Classes are only \$10 (cash). Walk-ins welcome. Email me - **robin@drrobinjohnson.com** - for additional details.

THE CTS DANCE WEBSITE.

The previous newsletter mentioned that **www.CTSBellyDance.com** has been completely revamped.

Just to tempt you to visit ... New Moves and Grooves routines added during Covid times include Baghdad Groove (core), Crystal Cavern (warmup), Dark Fire (balancing slow intense), Exes and Ohs (fast intense), Gitana (with or without fans,

intense), Naga (especially for our newest CTS dancers, core), Raqset (started before lockdowns, medium, intense), and Sugar bowl (bluesy song for new ATF combo). I'll be uploading a raq-a-belly routine "Y haven't I heard" very soon.

NM&G combos added include the Arabic backwalk, Atf, all the segments of Crystal Cavern, choo teapot turn, JP, lunny, naga, poploc, rose hips, spiral marinas, star walk, teapot, twist drop, and V2. Be sure to check these out in the NM&G section of the Video-based instruction page. You'll need the password (available to all past and present CTS dancers) to access the videos of these routines and combos. Just let me know. robin@drrobinjohnson.com

PAM IS TEACHING CTS LIVE IN RIVERSIDE AT SOURCE 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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