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## CTS DANCE NEWS SEPTEMBER 2022

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"Energy moves in Waves. Waves move in patterns.  
Patterns move in rhythms. A human being is just that –  
energy, waves, patterns, rhythms.  
Nothing more. Nothing less.  
A Dance.

-- Gabrielle Roth

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### LIVE IN-PERSON CLASSES RESUME IN PALM DESERT, CA

Robin will be teaching CTS Dance classes at Starlight Dance Center - 72624 El Paseo #C3, Palm Desert, CA 92260 on Monday and Thursday evenings from 7-8pm. After every class, Robin will send class members links to specific videos so they can practice what they learned between classes.

### CTS CORE 25 – MONDAYS FROM 7-8PM -- Robin J. teaching.

In our Fall 2022 session – **October 3<sup>rd</sup> to December 12<sup>th</sup>** - you will learn the CTS Core 25 movement combinations that provide the foundation for CTS group improvisation. All dance experience levels are welcome. If you've never done CTS, the core 25 will teach you the moves efficiently. If you're a skilled dancer, you may learn the core while also working your dance technique in each class.

This class is a series where you will learn the most if you attend all the classes.

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Therefore, there's a discount offered for the series as an incentive to sign up for all 11 classes. The series cost is \$120 (you may also make 2 payments of \$60 due by Oct 3<sup>rd</sup>, and November 7<sup>th</sup>, 2022 – and may pay by credit card). Individual classes, if space is available, are \$20 each; cash only.

Masks are optional.

Class size is limited to 10 people for social distancing and personal attention. Bring some water. Wear comfortable clothes. Your YES! to movement. And a smile.

**Contact Robin** to register.

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**CTS FLASH MOB PREP – THURSDAYS FROM 7-8PM - Robin J. teaching.  
5-class series from October 6<sup>th</sup> to November 3<sup>rd</sup>, 2022**

In this session you will learn CTS combos that we will use at an informal friends and family Halloween-themed party in Upland, CA on November 5<sup>th</sup>. Other CTS dancers from around southern California will be joining in for this fun routine. Attending the party and dancing is optional. You're also free to come to these classes if you just want to learn the combos, a fun routine, and dance with friends.

Masks are optional (at this time).

Class size is limited to allow space between dancers and so everyone has enough attention.

All movers will have access to the practice video for the Flash Mob.

This class is a series so it would be best to attend all 5 classes. As an incentive the five-class fee is \$50. Individual classes, if space is available, are \$20 each.

**Contact Robin** to register.

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**CTS OPEN DANCE – THURSDAYS FROM 7-8PM -- Robin J. teaching.  
5 Individual classes – November 10<sup>th</sup>, 17<sup>th</sup> and December 1<sup>st</sup>, 8<sup>th</sup>, and 15<sup>th</sup>**

CTS fuses dance elements from a wide range of ethnic and conscious movement traditions. These fun classes provide the opportunity to explore some of those other traditions together. While you can pay for the series, each class stands on its own.

- **Nov 10 - Mindful Movement**

In this class we will dance the Wave from Gabrielle Roth's 5 Rhythms - Flowing, Staccato, Chaos, Lyrical and Stillness. We use the wave connect to ourselves, our space, and each other through a series of activities from Dr. Robin's Dance of Leadership program.

- **Nov 17 - Crystal Cavern Moving Meditation**

You'll learn an 8-minute movement flow that's great for starting or ending your day. Moves come from a bit of yoga, tai-chi, bellyments, and modern dance. No floor work, no mat – this is suitable for all fitness levels.

- **Nov 24 - NO CLASS / U.S. THANKSGIVING**

- **Dec 1 - ITS/ Improvisational Team Sync from Amy Sigil**

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Simple steps, complex moves, when the group gets in the groove! Using 4 simple steps we will create a dynamic team flow with transitions and formations based on what is created by the group in that time and space.

- **Dec 8 - Slow Curves and Turns**

*American Tribal Style (ATS) belly dance gifted us with a number of sinuous arm movements and graceful turns. You'll learn the CTS variations on those in a short routine that will also be a gorgeous way to strengthen your arms and improve your balance – all while taking it slow.*

- **Dec 15 - Finger Cymbals 101**

*In this class you'll dance and play finger cymbals at the same time. Finger cymbals, aka zagat or zills, are a percussion instrument made up of 4 small cymbals and are used by dancers in many MENAHT and Indian dance traditions. If you've got your own set, bring them. If not, no worries. We have enough for the class.*

**Masks are optional (at this time) for these live classes. Class size is limited to allow space between dancers and so everyone has enough attention.**

Videos to practice what you learned will be available to people who attend that class. You may buy all 5 for \$60. Single classes are \$20 each - cash only. Drop ins welcome if space is available. To register for all five **Contact** Robin.

### **RIVERSIDE AREA HYBRID DANCE CLASS – ZOOM PLUS IN-PERSON POD**

Pam's CTS hybrid class is meeting on Sundays at 11AM - 12:15PM. That in-person pod has no openings right now, however Pam is willing to start a second hybrid in-person/zoom class on Sundays or Tuesdays. Contact her at 1-951-313-5240 for further information.

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### **CTS FLASH MOB PLANNED FOR HAFLAWEEN - NOV 5th**

Tribal Beats will be hosting their annual Haflaween dance party at the Cable Airport hangar in Upland, CA on November 5th. We are planning a flash mob for that event where anyone who is interested in joining in the performance is welcome. The song we've chosen is "Darkness Is Your Shelter." It's a Halloween-themed event so people will be in some kind of costume, but you can wear whatever you wish for the flash mob. If you're interested in learning/reviewing the CTS combinations we'll be using please **Email** Robin or Call Pam at 951-313-5240 to let us know you'll be dancing and to get access to the practice video.

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### **NEW VIDEOS ADDED TO THE ZALTANA GALLERY**

As mentioned in the Summer 2022 CTS Newsletter, one member of Zaltana, Angela, has moved East. We had worked on a few routines during the covid times but did not have the opportunity to perform them. Unfortunately, with covid concerns and restrictions we were not able to have all of us dancing together. Luckily, Angela and

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RJ found a safe time and space to have fun and record them before she left California this summer. These three Zaltana routines will be added to the CTS website video gallery so you can have a peek at them now. And since live performances are returning you may see Zaltana dancing them again sometime soon. Enjoy!

**Endless Reverie**  
**Love Jones**  
**Marco Polo**

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**CTS DANCE: A REINTRODUCTION**

Most of you who are on this mailing list are familiar with CTS dance, Zaltana, and even Troupe Mélangées from almost 20 years ago. As life has changed in so many ways, so has CTS Dance. We thought it might be helpful to share our thinking about CTS Dance at this time – and let you know how we’re responding to some of the issues that have been swirling around in our community for a while now.

The CTS Workout videos volumes 1 & 2 with Troupe Mélangées, became the CTS Core 25 combinations in the CTS Workout volume 3. (You can follow along and dance to all three workouts for free on the **CTSDance website**). The Core 25 moves are inspired by MENAHT (aka Belly) Dance, Improv Team Sync, Latin, African, Polynesian, and Modern Dance. The CTS Core 25, the CTS Bellyments (Bellyments are what we call the foundational snake, shake and isolate moves from ‘belly’ dance) and combos-cues format facilitate connection and flow, transitions and formations, leading and following.

The CTS Dance style is friendly movement for your body. We welcome adults of all ages and fitness levels. CTS is low impact - no deep plies, no jumps, and no floor work. You do not have to be bendy, super flexible, or have previous dance experience to do CTS. We use natural footwork patterns with spatial awareness for transitions and formations in group dancing. Our cues, usually with arm or head movements, communicate non-verbally what the next combo from our movement vocabulary will be.

CTS has always been a fusion of traditional ethnic dance to classic and contemporary world music. While we are inspired by the moves, music, and celebrations from various ethnic/folkloric groups, we are clear that we are not representing those cultures or styles. Our motto is Every-Body dances. We avoid saying “this is right” or “that is wrong” when it comes to dance. CTS is in the social dance tradition with natural moves. We modify moves when necessary, adjusting to what’s safe for our movers. CTS combos are the kinds of dance moves you might use at a party or celebration with friends. While we do perform sometimes, performance is always optional. The CTS combo system helps movers actually dance very quickly and have fun. Over time, CTS movers learn more and more technique – but technique drilling is not our focus. Our focus is on moving, connecting with each other, exercising in a moderate healthy way, and having fun. We love dancing with each other and for our friends, family, and community. You are welcome to join us live, or following along using our extensive video library with demos of the CTS dance vocabulary.

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*Looking forward to seeing you soon Judith. Happy dancing!*

Peace,  
Robin J. and Pam

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