
Hello. This is a reminder that you're receiving this email because you have expressed an interest CTS Dance. 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.

CTS DANCE NEWS SUMMER 2022



*"A divine dance appears in the soul and the body
at the time of peace and union.
Anyone can learn the dance,
just listen to the music."*

-Rumi

Happy Solstice!

As Mesmera says, Dance at the speed of Delight.
And Solstice is a perfect time to remember that.

As you all know, things slow down in the heat of the desert summer. We are in our triple digit temperatures daily - low season - and making it too darn hot to do much dancing. So, this is the news until we ramp up again in the fall.

CAIRO SHIMMY QUAKE

(a note from Pam)

CSQ was a blast and I truly want to thank Ashley, Carol, D, Debra, and Mollie for participating in the CTS Crew stage flashmob version of Robin's choreo, "Why Haven't I Heard From You?".

It was timely and apparently all the more powerful because we all looked like anyone off the street. We wanted to demonstrate Robin's theme of 'Every Body Dances' and that came through in a way that touched the hearts of all CSQ attendees. It reminded us all that we dance for the joy of it. The most prevalent comment addressed to me was this:

We didn't sign up to dance because we didn't have costuming, full choreography, a full show, all of our members - fill in the blank with whatever ...and you guys just blew us out of the water. The joy of being back on stage and sharing the dance was what we saw and felt. We wanted to be up there with you!"

Here's the link to the CTS Crew performance of "Why Haven't I Heard From You" flashmob at CSQ22. The song is sung by Kata Hay, from The Voice.

<https://vimeo.com/721521172>

It was very humbling. I know the introduction was very short. The organizers limited us to two sentences so we didn't get to say much about where we were from, that I teach CTS, and all of the other stuff that could be in an introduction. Nonetheless we were all so excited to be there and by dancing as a flash mob, it may have been all that more powerful without a long intro.

Many people were interested in the flashmob format. A number of people asked about it, so Robin and I have suggested to the CSQ organizers that we teach a workshop at CSQ that would prepare movers to be part of our flash mob with CTS combos next year. We will see where that goes. But in the meantime, keep on dancing!

ZALTANA CHANGES

Like everything and everyone else these past 2 years, changes are afoot with Zaltana.

First, we'd like to welcome a new member, Layla Ashley. Layla's been dancing for a while, most recently with Dance Garden in LA. When she moved to the desert she got in touch with us and has been doing private lessons with RJ for a while now. We are thrilled to have her join the Zaltana sisterhood

Zaltana was represented by Pam and Layla at CSQ22 this year. While we all prepped the performance, unfortunately I, RJ, was recovering from Covid and couldn't perform. That was a bummer because I was looking forward to being at CSQ22. Nonetheless, Pam and Layla raq'd it! Regular CTS'ers will notice there are a few new combos in their routine ... some will be coming soon to a class near you. Here's the link to their performance.

<https://vimeo.com/721521330>

Music Medley: [Flight of the Morrigan](#) (Wild Card Belly Dance), [Havana](#) (Camila Cabello), [Badass Baladi](#) (Raquy and the Caveman). And as usual the gorgeous outfits are faux assuit by MelodiaDesigns.

One of Zaltana's members, Angela, will be heading east soon. While she will still be dancing with us on Zoom, and always be a Zaltana sister, we may not be performing together as often as we'd like. During the pandemic and racial reckoning, Angela and RJ spent lots of time on Zoom dancing together. When we could finally be safely in the same space, we recorded a few of the routines and combos we'd developed during the pandemic. This is one of those. There are essentially only three combos in this routine: Spiral Marinas and Rolly Shoulders (inspired by Lynette Day), and Lunies (inspired by Jil Parker). The routine was one of our favorites because the song, [Come Ye](#) by Nina Simone, talks about coming together in peace, hope, and love. We hope you'll like it.

<https://vimeo.com/721570210>

CTS INSTRUCTION UPDATE AND DANCE VIDEO LIST

For the summer, Pam's Monday CTS Core Workout class has moved to Sundays at 11AM. She has one opening available at this time. Text Pam (951.313.5240) for details. (No change to the Wednesday night class).

For your navigation convenience of 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 with over 100 videos became cumbersome. Please contact Robin or Pam to get a copy of this spreadsheet.

And remember, we have posted a couple of Core and a couple of Intense CTS playlists on the Instruction page. The videos will play in order just as we would do in a class.

Have a fun summer. Looking forward to when we connect again in September to prepare for Haflaween at Tribal Beats.
Sending cyber hugs to you Judy!

Peace,
Robin J. and Pam

Copyright © 2022 Robin Denise Johnson, Ph.D., All rights reserved.

Want to change how you receive these emails?
You can **update your preferences** or **unsubscribe from this list**

