



About Cardio Team Style [CTS]

Transcultural Fusion Dance

www.CTSBellyDance.com

CTS dance originated as synchronized group improvisational style belly dancing and morphed into a transcultural fusion dance format. We still snake, shake and isolate as is typical of all belly dance styles, and we honor our roots and influences that include ATS (American Tribal Style), ITS (Improvisational Team Sync), the Datura Method (Tribal Fusion) and Egyptian-Middle Eastern folk dancing. We are inspired by and blend elements from an eclectic mix of ethnic, social and mindful movement approaches.

We have our own movement vocabulary. You can learn our core movement style by following the free workout videos. In our classes and on our website, we make the combinations and routines available to you so that you can, if you wish, create your own dances. We dance to contemporary and retro world music. We believe Every-BODY dances! For that reason, we have a strong commitment to an inclusive, respectful, empowering movement style.

CTS dance is naturalistic – meaning we use movements that are natural for your body, but with greater intention and control. If it hurts, we do not do it. We tend to stay grounded (vs. on our toes) and earthy in our moves. You do not need to be a gymnast or contortionist to do CTS. If you are, you can still do CTS combinations adding that flair, but it is not required.

Many of our moves have been adapted for people who have had injuries, have limited range of motion, or have become deconditioned for various reasons. And still they dance – because they love to move. They find dancing does wonders for their hearts – emotionally and physically. We aim to encourage you to claim your body and Do Your Dance!

Have fun! Get fit! Unleash your inner dancer!



About Dr. Robin (RJ)

I dance and the world dissolves into the wholeness it always was.

I love the energy and world music grooves that are expressed through fusion dance styling. Although I've been dancing socially all my life, I found my dance home with Goddess dancing in the 80s, and my dance sisters with belly dance in SoCal in my 40s.

My intent is to empower women of any age to claim their bodies, and remember their joy of healthy movement throughout their entire lives – regardless of size, background, or experience.

I've been teaching CTS for more than two decades, was director of Troupe Mélangées for 7 years, and am now directing Zaltana.

I am an author ([Dance of Leadership](#) where I apply leader-follower principles from CTS dance to leadership in organizations), business school professor, executive life coach and intercultural-diversity consultant. I designed Cardio Team Style (CTS) dance as a combination-based workout system to help people of all ages, fitness levels, body types and music styles have fun, get fit, and express their inner dancer! I'm the producer of the CTS workout videos, and I choreograph CTS combinations and Zaltana performances. You can reach me at Robin@DrRobinJohnson.com.



About Zaltana

Zaltana is a trio of CTS dancers who perform mostly in Southern California. The most important aspect of the dance for us is having fun together. That often shines through in our performances. Yes, we have professional standards and do our best to dance well when we have stage and paid performances.

Our foundation is MEHNAT (Middle East, North African, Hellas and Turkish) dance because much of the CTS movement vocabulary was inspired by that – specifically the isolations of hips and chest, the undulations and shimmies. We play finger cymbals (zils) and dance with props (scimitars, canes, fans and veils).

We move to a wide range of musical styles – from the MENAHT, Latin American, African, Indian, classical and modern playbooks. All Zaltana members have been trained in Classical, Egyptian and Folkloric belly dance with Aziza Sa'id – in addition to their personal dance development with many other teachers.

We entertain in the Palm Springs area, and perform all over California (plus Las Vegas) at community events, private parties, fundraisers and festivals.