



It's your Day



Each one of us waits for that one free day to do whatever we want, however we want. However, when that fateful day does roll around, we find ourselves... lost. But not to worry, here's your very own guide customised to suit your tastes. In this **part 8** of ten part series, we bring to you a day planned for dance maniacs.

Dance Maniacs

Can't control your feet every time you listen to that foot-tapping number? Have you fallen countless times attempting the MJ moonwalk and still refuse to give up? If yes, then this is your place. **Sarina Mulchandani, AIS Vas 6, alumnus** brings you your perfect day

Movie Mania



Pick up DVDs of some cool dance flicks and get lost in the magic they create!

Dirty Dancing:

This classic romance just doesn't lose its charm! Watch it to feel the love, the one for dance especially!

Step-up series: Pick any and get enthralled by the performances and ever-exciting storylines.

Nache Mayuri: This is the biography of the legendary Indian dancer Sudha Chandran. Watch this one to see how passion for dance overrides all.

Shake it like Shammi

Our heroes have given us more than filmy magic, that is, some timeless signature dance moves. You ought to pick a few if you are an avid dancer.

Dharmendra: Keep the back of your palm against your forehead and the other hand behind your waist. You are read to groove to *main jat yamla pagla deewana*.

Rajesh Khanna: Tilt of the head.

Check. Lifting of the arm. Check. Mischievous smile. Check. Rajesh Khanna awesomeness. Double check.

Shammi Kapoor: This one is pretty high voltage. Do that shimmy with all that enthusiasm and vigour and you've got the act right.

Salman Khan: Who can forget his buckle dance from Dabangg?



TV Shows



Some of these are off air. But who minds checking YouTube when you get to watch some serious dancing.

Dance India Dance: A wide variety of dance forms (some that you may not even know) and high standards...this one does offer some dancing brilliance.

Dance Academy: This American dance competition sees a celebrity pair with a choreographer to show some excellent dance moves. The Indian adaptation of this show 'Jhalak dikhlai jaa' is not lagging behind either.

Dare 2 Dance: This latest dance reality show combines the adrenaline rush of some Akshay-style-stunts with some dancing magic.

Move like a pro

It is time to learn from the experts. A look at some dance academies in the city that can help you out.

- **Shaimak Davar's Institute for Performing Arts:** Salsa, western, waltz, cha cha, hip hop
- **Salsa India, Greater Kailash:** Salsa
- **Banjaara School of Dance, Shivalik:** Belly dancing
- **Ganesa Natyalaya, Hauz Khas:** Classical

Readin n rollin

Let these fabulous readings adorn your bookshelves!

- **Dancing: The Pleasure, Power, and Art of Movement**
- **International Encyclopedia of Dance**
- **Dancing in the Streets**
- **Indian Dance: The Ultimate Metaphor**
- **Dancing Phenomenon Series;** check out for Birju Maharaj



COMING NEXT

A day for shopaholics

Do the new!

What better to do on your *Day-for-Dance* than to shake a leg? But why to do it the conventional way...

Dance workout: Start the perfect day with some swift moves to energise and rejuvenate yourself! Those YouTube tutorials will be of great help here.

*Tip: Try 'We Like to Party' by Venga boys, the beats are simply awesome!

Raahgiri rocks: Nothing works better than grooving to energetic dance forms like Zumba with countless others under the open sky. Head to Raahgiri! Now!

Dance pe chance: Haven't seen your friends for a while? Put on your dancing shoes and arrange for a dance meet.



App hustle



Your smartphone will become your perfect dance partner with these quirky apps.

Zumba dance: Let loose with contagious choreography through an 'exercise in disguise' programme on-the-go or at home!

Pocket salsa: This cool app helps you learn salsa with more than 100 video lessons and countless salsa videos.

Ballet dancer: With simple swipes and taps, this one not just helps you learn the dance form, but also helps you create your ballerina's hair, tutu and even slipper colour.

GT Travels to Kerala



Arnav Chopra, AIS Gurgaon 46, II J, shows off his copy of The Global Times in front of Periyar Tiger Reserve, Kerala. It is one of the most notable tiger and elephant reserves in the country. With great scenic charm, it is a visual delight for every visitor.

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