

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.

ance 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



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

hake it like Shammi

ur 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 forehed 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. Mischevious smile. Check. Rajesh Khanna awesomness. 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?



energise and rejuvenate yourself! Those YouTube tutorials will be of great help here.

o the new!

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

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

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

hustle



7 our smartphone will become your perfect dance partner with these quirky apps. Zumba dance: Let loose with contagious choreography through an 'exercise in disguise'

or at home! Pocket salsa: This cool app helps you learn

programme on-the-go

salsa with more than 100 video lessons and countless

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.



ome 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 dikhlaa 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

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

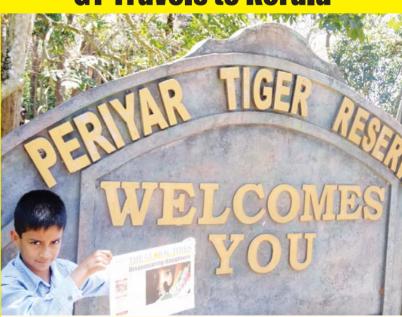
- Shaimak Davar's Institute for Performing Arts: Salsa, western, waltz, cha cha, hip hop
- Salsa India, Greater Kailash: SalsaBanjaara School of Dance, Shivalik: Belly dancing
- Ganesa Natyalaya, Hauz Khas: Classical

Readin n rollin

- et 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







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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