



Students practising dance moves at DanCenter

the opposite for the women. We executed this without too many trampled toes, changing partners every few minutes. The guys learnt how to lead clockwise and anticlockwise turns, and the women learnt how to let the guys lead the turns. By the end of the class everyone had the basic steps and three moves. You can recap and practice the moves at their free introductory class every Wednesday at Caffè Molinari (Petrohouse Tower, 5 Le Duan, Q1).

*Suitable attire: Casual wear and runners*

### BRING IN THE FUNK


This hip hop class was a killer. We sweated our way through an energetic 45 minute warm up with limited explanation. It was relatively easy to follow, if not easy to actually do. After a break, still panting, we moved on to a dance routine. This one involved some serious coordination between legs and arms. There were moments where we

looked like we were miming a washing machine. Getting the routine right were pretty difficult at time, but it was a blast and a serious cardio workout. Bring a towel. It's also a really popular class, so you'll be sweating with a crowd.

*Suitable attire: Casual wear and runners*

### TAP, CRACKLE, POP

With only four people in the tap class, the instructor adapted the moves to cater for all levels. After covering the basic steps we were given easy and advanced techniques and could choose what level to use. We covered a number of short routines, which gave everyone the chance to learn a technique without having to remember many moves. Despite my lack of talent, there is something joyful in tap and I walked away grinning and considered pushing some thumbtacks into the soles of my runners.

*Suitable attire: Shorts or leggings and tap shoes.* 

#### FOR SALSA CLASSES:

##### LA SALSA

212 NGUYEN DINH CHIEU, Q3  
[WWW.LASALSASAIGON.COM](http://WWW.LASALSASAIGON.COM)

##### XSALSA

[WWW.XSALSA.NET](http://WWW.XSALSA.NET)

#### FOR JAZZ BALLET, BALLET, TAP & HIP HOP CLASSES:

##### DANCENTER

46/2 NGUYEN CUU VAN, BINH THANH  
[WWW.DANCENTERVN.COM](http://WWW.DANCENTERVN.COM)

#### FOR SWING DANCING:

##### SAIGON SWING CATS

[WWW.SAIGONSWINGCATS.COM](http://WWW.SAIGONSWINGCATS.COM)

#### FOR BELLY DANCING:

##### SAIGON BELLY DANCE

NO 96, STREET 2, CU XA DO THANH, Q3  
[WWW.SAIGONBELLYDANCE.COM](http://WWW.SAIGONBELLYDANCE.COM)