

## DANCE DANCE REVOLUTION

AGGIES FIND RELIEF FROM WORKOUT MONOTONY IN THE REC HIP-HOP CLASS

By Sarah Szuminski  
THE BATTALION

four class times offered, but she hopes there will be more in the future.

"We need to get the males out here," she said. Thomas said girls seem more willing to take a dance class and tell their friends about it.

Phelan said she was surprised to see men in the class, but they seemed to be holding their own in a room full of women.

"They have their own style," she said. "They put a guys' twist on the dance."

In fact, everyone in the class puts some of his own style on the steps learned. Thomas and Jones' choreography leaves room for their students to add a personal twist. Some of the funkier moves, however, can be intimidating when first introduced.

When teaching a step they called the "snake," Thomas and Jones had to provide some additional instruction for many people in the class who could not master the move.

"The bigger your step, the bigger your snake will be," the instructors explained, instructing the class on how to drop their head to the side before following with their hips.

Making sure everyone understands a step is one thing to which the instructors give a lot of attention. Throughout the class, Thomas and Jones have everyone rotate, so dancers in the back get a chance to have a front-row view. They also create an encouraging environment where their students can feel comfortable trying to get the new moves down.

"We ask people to challenge themselves," Thomas said. "Most of the time, when someone says they can't do something, they end up being able to if they just try."

Thomas and Jones step up the intensity at the end of every class with what they call the "Outkast challenge." This is when the instructors have the class perform the routine to a song with a faster beat.

The idea started with last year's instructors when they created the Justin Timberlake challenge to the song, "Like I Love You." This year, Thomas and Jones switched it over to Outkast's "The Way You Move."

The class shifts into high gear during the challenge, as the dancers struggle to keep up with the song's quick tempo. It is an energetic way to end each class and give a final kick to the workout.

Skinner said she enjoys the class and would recommend it to anyone.

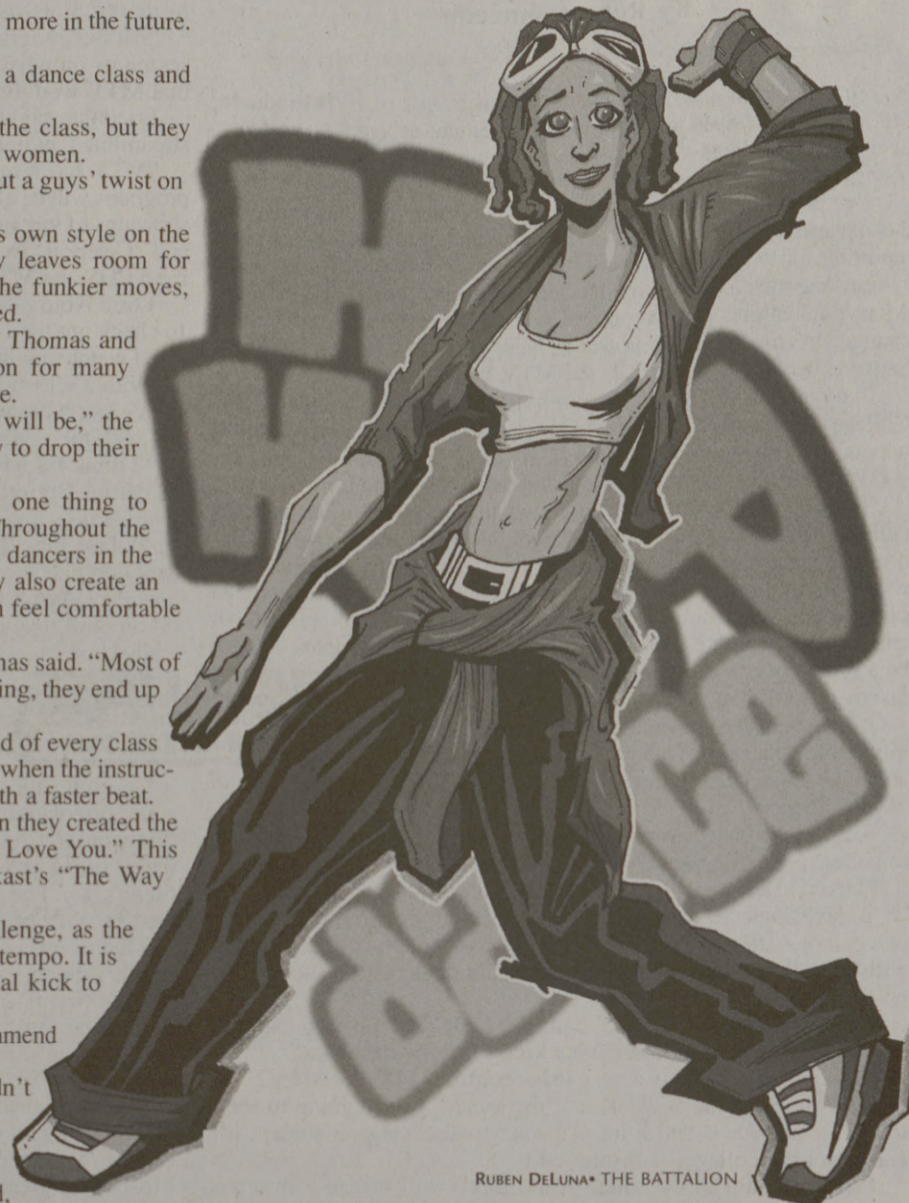
"Last week after I left, I was so excited I couldn't wait to get back," she said.

Phelan agreed, saying the teachers' energy and spirit keep the class entertaining.

"I'm really glad they're offering it," she said, "and \$15 is a steal."

Thomas and Jones said they plan to offer a second session of hip-hop classes later in the semester, complete with new choreography. The Rec Center also currently offers classes in jazz and belly dancing.

More information about the hip-hop class can be found at [sports.tamu.edu](http://sports.tamu.edu) or at the member services desk at the Rec Center.



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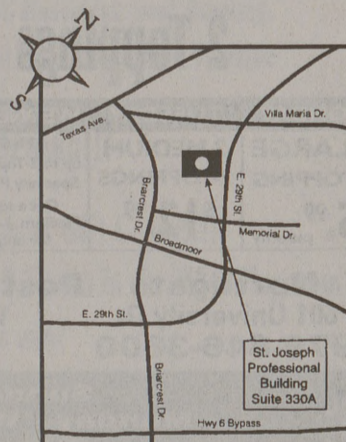


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