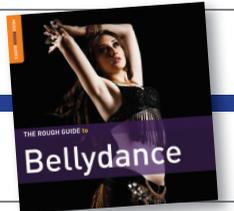


DANCE REVIEWS

All the latest dance releases

Tummy toners

Lee Knights and Nicola Rayner review the latest DVDs



The *Rough Guide To Bellydance*, a double DVD and CD, opens up the world of bellydance or *raqs sharki*, with leading US instructor and performer Virginia as your guide.

The DVD begins with a sinuous bellydance-style stretch and warm-up, followed by an introduction to posture, basic moves and technique. Virginia's approach is thorough, including full-body isolation exercises. Her moves become progressively more complicated, covering camels (undulations), shimmies and twists, chest drops and hip pops, Egyptian walk, grapevine and basic turns.

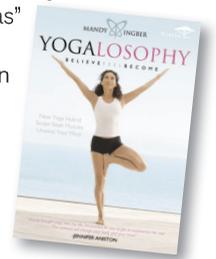
The movements look deceptively simple, but the precision needed to master them with fluidity is frustratingly demanding. At the end of the exercises, Virginia brings technique and moves together in a breathtaking performance. Blending control and abandonment, she demonstrates how the dancer visually represents the flow of, and becomes one with, the music.

With detailed, well-paced instruction, running to 80 minutes, and good production values, there is plenty on offer here. There's also a chance to try out your moves and develop your own

choreography to some of the finest musical talents around. **LK**

Also out this month, courtesy of Acacia, is Mandy Ingber's *Yogalosophy* – a big hit in Hollywood. In an industry not famed for its sense of humour Ingber is a breath of fresh air (sample mantra: "I have a great ass."). I giggled my way through a series of painful squats – no small feat.

Fusing yoga with toning exercises, the DVD comprises two versions of a 30-minute routine – one with instruction, and the same routine with music – and a "fully loaded" 55-minute challenge, which incorporates six "extras" into the 30-minute routine. The setting, on a Californian beach, is gorgeous, the background music, soothing. Highly recommended.

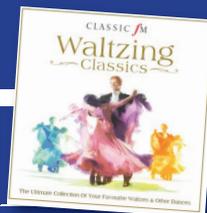


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For *The Rough Guide To Bellydance* (RRP £8.99 plus p&p), see www.worldmusic.net; for *Yogalosophy* (RRP £15.99), visit www.amazon.co.uk

Spot the waltz

Marianka Swain reviews the curiously misnamed *Waltzing Classics* CD



It's difficult to critique the slow waltz tracks on Classic FM's new *Waltzing Classics*, because there are none. If

you're looking for a CD packed with songs you can practise waltz routines to, this simply isn't it. The "waltzing" in the title presumably

refers to Viennese, but even so, that only applies to 13 out of the 30 tracks, at best. This CD should really be called *Classical Favourites*, *Best of Ballet* or *Oh, yes, I love that one – what's it called?* Five stars as a purchase for ballroom dancers, but ten as classical chillout. ● www.classicfm.com/waltz