

Issue 12

DANCE
BOSS



Issue 12
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Cover: [Dee Keaveney](#)
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by
Emily
Sophie

WELCOME TO THE DANCE BOSS E- ZINE



*"Lose yourself in the
movement...find yourself
in the magic"*

*-Emily Sophie
[@iamemilysophie](#)*

Hi there and welcome to the Dance Boss e-zine. My name is Emily Sophie and I'm the founder of Dance Boss.

This e-zine aims to provide you with tips and advice about all things self care, mindset, wellness and personal development, as well as giving you an insight into the minds and lives of amazing professionals in the industry to help inspire and motivate you in your own life.

Each issue we also recognise a 'Dance Boss of the month' where we celebrate someone in the dance world who has been nominated by their friend/peer/teacher etc and take a peek into their life as a dancer and their love of the art form. This is your chance to go and show them some love and make new friends!

To find out more and stay up to date with news and events, head to www.dance-boss.com and on Instagram @dancebossuk
Feel free to come and say hello to me on Instagram at @iamemilysophie

Be consistent.
Stay tenacious.
Always persevere.

Emily Sophie

DANCE BOSS



EATING WELL

with Hannah Burton
IG [@_hannahburton](https://www.instagram.com/_hannahburton)

As a dancer your most valuable asset is the health of your body. We only get one body and when you use it to make your living and live your passion, it is important to take good care of it. Just like a car needs petrol to run, we need fuel to function. Everything you eat and drink has the ability to either nourish you or harm you. So, it is worth learning to nourish your body to help you THRIVE!

Three easy tips to help you to nourish your body:

- 1. Eat in season** - Mother Nature is incredibly smart and provides the vitamins and minerals we need the most in the foods that are most abundant during the current season. Fruits and vegetables in season in September are:

| FRUITS | VEGGIES |
|---|---|
| BLACKBERRIES DAMSONS PEARS PLUMS RASPBERRIES RHUBARB STRAWBERRIES TOMATOES | AUBERGINE, BEETROOT, BROCCOLI, BRUSSELS SPROUTS, BUTTERNUT SQUASH, CARROTS, CAULIFLOWE, CELERY, COURGETTES, CUCUMBER, KALE, KOHLRABI, LEEKS, LETTUCE, MANGETOUT, ONIONS, PARSNIPS, PEAS, PEPPERS, POTATOES, PUMPKIN, RADISHES, ROCKET, RUNNER BEANS, SAMPHIRE, SPINACH, SPRING ONIONS, SWEETCORN, SWISS CHARD, TURNIPS, WATERCRESS, WILD MUSHROOMS |





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2. Eat a rainbow -

Having a mix of natural colours on your plate during each meal will not only look pretty, but it will give you a diverse range of nutrients and minerals. Aim for three different colours during each meal:

Reds = Cherries, cranberries, pomegranate seeds radishes, red apples, red grapes, red peppers, strawberries, tomatoes, watermelon.

Oranges = Butternut squash, carrots, cantaloupe melon, mangoes, nectarines, orange peppers, pumpkin, sweet potatoes.

Yellows = honeydew melon, lemons, papaya, peaches, persimmons, pineapple, swede, yellow peppers.

Greens = Apples, asparagus, avocados, celery, courgettes, cucumbers, green grapes, leeks, lettuce, limes, mange tout, sugar snap peas, broccoli, cabbage, Brussels sprouts, kale, pak choi.

Blue/Purple = Aubergines, beetroot, blackberries, blackcurrants, purple grapes, radishes, red cabbage.

White/Beige = Bananas, celeriac, garlic, Jerusalem artichokes, mushrooms, onions, parsnips, turnips, white peaches.

3. Have a balance of ALL the food groups -

Our bodies need ALL the food groups to function; fats carbohydrates, and protein. Each group provides important nourishment for our bodies to function optimally.

Fats = Are needed to absorb fat-soluble vitamins (Vitamins A, D, E and K), for hormone production and metabolism, for nerve cell production, regulation and signalling, for storing energy, and for insulating and protecting our vital organs.
Carbohydrates = Our bodies main source of energy and the primary fuel for our brains. Carbohydrates also help to preserve muscle mass and promote good digestive health.

Proteins = The building blocks for every cell in our body. Protein is needed for the structure, function and regulation of all of our body's tissues and organs.





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Here is a quick and easy recipe for energy bites that are great energy boosting snack pre or post a dance class. You can make these in a batch and refrigerate or freeze them and take them out as and when you want them.

No Bake Quinoa Energy Bites (makes 10-12 bites)

Ingredients:

- 1 cup cooked and cooled quinoa (follow package for cooking instructions)
- 1 cup rolled oats
- 3 Tbsp shredded coconut
- 1/3 cup cocoa nibs
- 1/4 cup sunflower seeds
- 1/3 cup nut butter of choice (cashew nut or almond butter works really well)
- 1/4 cup maple syrup
- 1 tsp vanilla extract
- 1 tsp cinnamon
- Pinch of fine Himalayan rock salt or fine sea salt

Directions:

1. Mix all the ingredients together in a large bowl or process in a blender until well combined.
 2. Form dough into balls using your hands (about the size of a golf ball) and place on a baking tray or small pan (something that will fit in your freezer). Chill for about 2 hours until firm.
- Enjoy!



MIND/BODY NUTRITION

with Jessie Golden

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My name is Jessie Golden, and I'm a Mind-Body Nutrition coach who helps women heal their relationships with food & achieve their physique goals.

This work became my passion after overcoming my own disordered relationship with food after 9 years of obsessing over every single thing I put in my mouth, every workout, and every change (or lack thereof) in my body. It wasn't until I was forced to look at my INNER world and do the hard work of shifting my maladaptive behaviours, thoughts, and beliefs that my relationship with food and my body started to shift.

While many women have long struggled in very similar ways, the pandemic has provided a whole slew of new challenges. Rather than being able to distract ourselves with the busy-ness of the world, we were brought face-to-face with ourselves in the stillness. Rather than being able to [seemingly] control everything around us, we were forced to release the grip...or suffer.

Some were overwhelmed with caring for children, others were stuck at home with less-than-ideal relationship dynamics, and many were left stressed without income. Regardless of the situation, one thing is clear: many women turned to food or restriction to cope.

Firstly, it's important to understand that turning to food or restriction is an adaption that can serve many women in the moment, despite feeling like it's the worst thing you can do. I can assure you, it isn't [save for those who's behaviours are, in fact, life-threatening].

While we can hold the space for these adaptive behaviours, we can simultaneously engage with tools that allow us to process our emotions in more helpful ways. This will ensure we don't just cover up the root causes with the bandaids once again as the world opens up.



MIND/BODY NUTRITION

with Jessie Golden

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Some strategies to try:

Go for long walks outside—preferably without technology! However, that much silence can feel overwhelming for some. Go slowly and work your way up to the solitude!

Meditate. This was the most impactful tool by far for me when learning to shift my thought patterns around food and my body. Start with 3-5 minutes, sit comfortably, breath in & out through your nose if possible, and simply redirect your awareness to your breath when thoughts arise.

Talk it out. So many women today suffer in silence because we believe our struggles aren't valid. You aren't an inconvenience, and you deserve to be heard. Speak to someone you trust, be it a mental health professional or close confidant, and allow them to support you.

Nourish yourself. Rather than viewing food or movement as the enemy, try viewing them as your friends that are here to nourish and support you! Try making choices that align with respecting your body, and start with just one meal or snack at a time.

This work takes time to integrate, so go easy on yourself! Choose the tool that feels easiest to implement and focus on iterative changes. Kindness, respect, and patience go a really long way!



POST NATAL YOGA

with Amy Fergus-Fuller

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I have been a performer, dancer (although not a professional one) and mostly Yoga teacher for 10+ years. I have always had a good connection to my core. Balancing came easy to me and thanks to all the postural correction I did I've not suffered with back pain for many years. That is until I had a baby.

16 months ago, I gave birth via emergency caesarean and boy did I struggle with my core! Suddenly doing any balancing work was very difficult and I started to feel aches in my back I hadn't felt since my 20's when I did more dance than Yoga.

I suddenly knew what it felt like to be a beginner, something I don't think I'd experienced since I was about 4! This was not helped by the fact I had a c-section, which comes with a lot of side effects including total loss of sensation in your belly, itchiness, and even more loss of control than a vaginal birth.

I had to do something; my core really is my livelihood as a Yoga teacher. I imagine it would be the same for you as a dancer!

But I wanted to do this right.

So many women have babies and head straight to the gym and still suffer terribly with pelvic floor issues, back pain and a belly that never goes away. I know this because I've taught these women for years!

So, what are these women doing wrong?

Why are they never getting the body they want and ending up with even more problems along the way?

Well, it's not their fault, they're being told they can go back to normal activities after 6 weeks (12 weeks if you've had a caesarean) but really is this enough time to wait before getting on the weights, crunches, and planks? In my opinion and experience. NO. In this instance patience really is a virtue.





POST NATAL YOGA

with Amy Fergus-Fuller

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So, this is what I did I TOOK MY TIME!

I spent weeks focusing on just my breathing then gradually started to do just functional exercises e.g., bending up and down properly. I did some very important scar rehab and slowly worked up to stronger core exercises (not crunches by the way).

When I started all this, I was about 6 months postpartum (not including breathing, I did that from day 1) I had a 2-finger gap in my abs, and I couldn't hold myself up on 1 leg for more than a few seconds.

Now, 16 months on I have no gap at all in my abs, I can balance on one leg with no issues at all and can even fly up into a handstand better than I could before I was pregnant! Oh, and the back aches are gone again!

It can be a scary and daunting prospect getting your body back after having a baby and even scarier if you need your body to function properly for work. You can get it back though and maybe even better than before! You just need a little patience and the right instruction.

If you want to know more contact me.





ASK THE DR

with Dr Samantha McElligott
@theleadershipdr
The Leadership Dr Blog

Email your questions in at info@danceboss.co.uk and get them answered by The Leadership Dr!

Q - I recently got a great dance job that both me and my best friend went for and now she's being really weird with me and keeps knocking the job and the fact that she's glad she isn't doing it. I was so happy when I got it and I didn't brag at all because I know that must have been hard for her but it's getting really frustrating now and I don't know what to do. Any advice is really appreciated!

A - Wow that sounds tricky, but well done for getting the job, and for being so understanding about it all so far. Other peoples' sucky attitudes can really drive a wedge between friends, and it is such an unnecessary cause of misery! You show huge empathy and consideration for your friend, and I'm sorry that she hasn't been able to extend the same to you. Of course, it is hard for her, but rather than seeking inspiration from your achievement, she is choosing (yes, choosing) to see it as a threat. The only way she can see to reconcile not getting the job is to make out that it wasn't worth her efforts in the first place (take a look at Carol Dweck's work on Fixed and Growth Mindsets, it'll help you get your head around it in a more visually pleasing way).

This is an immature reaction to a grown up situation, and the only way to deal with childish behaviour is to act like the adult. We have three main ways of interact with others: As a Parent, as an Adult, and as a Child. None of these are age-dependent, they simply explain the way that we communicate with others. For example, in this situation, she is taking on a child state in the way she is communicating her feelings. You, on the other hand, are choosing the adult state. Adult state means being neutral, optimistic, negotiator, and being diplomatic. It is impossible to argue with an adult because they are so reasonable.

Child-state tends to whine, or to get bored, or to complain without taking responsibility. Parent-state would be the normal reaction to child-state, because the parent takes charge, admonishes or praises the child (which only makes them do it all the more!). this is not a healthy way to continue, as both people perpetuate the bad points in each other (e.g., imagine a bickering couple, one behaves as the parent, and one behaves as the child).





ASK THE DR

with Dr Samantha McElligott
@theleadershipdr
The Leadership Dr Blog

It's important to recognise that you are doing exactly the right thing here, neither giving her complaints room to grow, nor quashing her either. Eventually she will tire of it, because she is getting no fuel from you. Adult-state is the only way out of conflict. Have a look at Eric Berne's work on transactional analysis for a deeper understanding.

Of course, the real issue here is how long are you going to put up with this for? And actually, how much of a friend is she being right now? The way I see it you have three options, some of which are better than others ;-) 1) do and say nothing, she will get bored...eventually, but meanwhile you might get a bit more fed up; 2) be assertive and tell her that you won't tolerate her negating your achievements and you will see her again once she has got over it; 3) be gently assertive by explaining that you understand it's hard, but also tell her how it makes you feel, and ask if you can have a truce, where for now, the job isn't mentioned at all. Then set a deadline by which point you will want to talk with her about the job, just as you would any other important thing in your life. Give her this option to change her behaviour, rather than issuing an ultimatum. By giving a deadline, it places an expectation on her, giving her the opportunity to take control and change the situation for the better, rather than you having to do anything about it. It's a great way to give them back responsibility for their actions, and for you not to have to be the bad guy. The key is to depersonalise it, rather than "you make me feel XYZ," use "I feel XYZ without support."

In this way, you can be win-win - letting her know how you feel, and that you have an expectation about how the two of you celebrate and encourage each other's achievements. It is important that a friendship is open to challenge and truth. By being honest about how you feel, you are giving her the opportunity to make a change and bring back the good in your friendship. We should want to be happy for our friend. The adult-state version of this allows us to be reasonable, and expect the same from the other person. If she wants to stay in child-state, that's her choice, but you could offer her a way out. Be kind, but be kind to yourself and your needs, too.





LEARN NLP

with Kamran Bedi
[@coachkamranbedi](https://www.instagram.com/coachkamranbedi)
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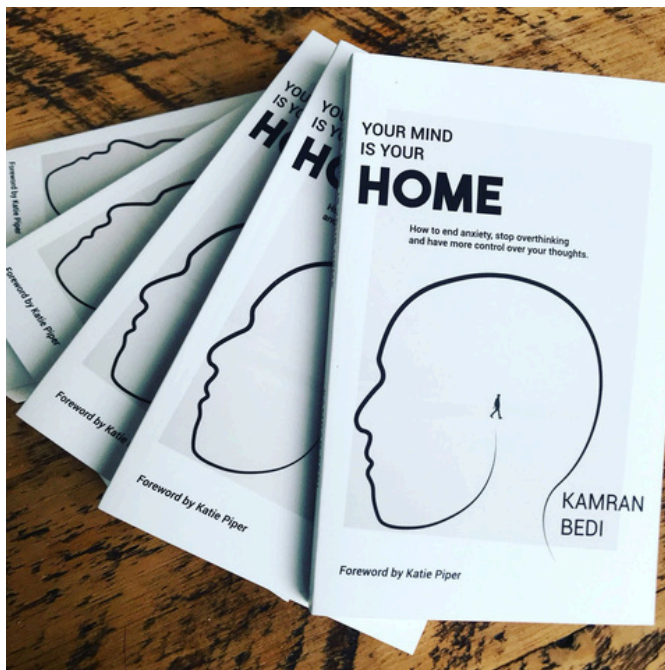
Master NLP & Hypnotherapy coach Kamran Bedi, offers multiple training courses throughout the year for people to become certified NLP/Hypnotherapy coaches and has a special offer for all dancers/performers!

This is life changing work and will help you to live your best life possible.

For upcoming dates, please see Kamran's website above.

If you are interested in taking part in one of the above courses, then please email Kamran at info@kamranbedi.com to find out more and quote "DANCEBOSS" to get the special discount!

You can also find out more about Kamran's self help book "Your mind is your home" from www.kamranbedi.com (as seen below).



THIS MONTH WE CHAT TO

DEE KEAVENEY/ DARIA DECOLLETE

IG [@DARIADECOLLETE](#)
WEBSITE WWW.DEEKEAVENEY.COM

Hi Dee! Thank you for coming back to be our cover star again for our 12th issue. Can you tell us how the last year has been for you dance wise with covid/lockdowns/transitioning more to burlesque & pole...

Hey Emily, thanks so much for having me back, crazy how time flies right? So much like every other person, the past year has been different and difficult. However, I was lucky in one sense because the cabaret scene pivoted very quickly to performing exclusively online. Since burlesque and pole is more often than not a solo performance, it was a lot easier to adapt to Zoom, Instagram live or any other online format. The same probably can't be said about dance companies or people who perform in groups. I can't imagine the Royal Ballet getting together to perform in front of a webcam in the choreographers living room, if you know what I mean! I actually got quite busy with online shows. I needed the outlet so badly, to keep my creativity alive and so I could keep my morale up. I would have struggled a lot more otherwise, as would so many others. Online shows were definitely a lifeline for so many performers who were left without work and without support. It was also great from an audience point of view I think. Without geographical ties, we were able to see performers from all around the world do what they do best and some people really got so creative with the online format, almost making short films out of their acts and playing up to the camera. I was blown away by several shows I saw! I was also very lucky to have won a few Burlesque titles during this time! I should have been at festivals in both Rome and Croatia, which ended up switching to an online format. But I ended up being crowned the Queen of Amore at the That's Amore Burlesque Festival and won Best Classic Act at the Croatian Burlesque and Cabaret festival. I would have loved to have been at each show in person but I'm very grateful that we were able to come together online.

What was it that first interested you about burlesque and pole dancing?

That is such a good question and I think the honest answer is the glamour! I always loved the old school Hollywood actresses and their outfits, style and poise. Everything about them was opulent and lavish. I had worn my fair share of sparkly costumes as a dancer but burlesque is just next level. The same with pole dance. The dancers always command such attention and look so powerful, like sexy superheroes! The towering heels, the unapologetic sexiness, the gravity defying moves, just the whole "How the hell do they do that?" of it all is intoxicating. I think both burlesque and pole allow me to be my most extra self, they let me be the truest version of me, which I feel like I had to hold back in other forms of dance. I love telling a story or playing a character and using the act of stripping away my clothes or climbing a pole as part of the narrative.



Photo: [@simonbalancer](#)

THIS MONTH WE CHAT TO

DEE KEAVENEY/ DARIA DECOLLETE

IG [@DARIADECOLLETE](#)
WEBSITE WWW.DEEKEAVENEY.COM

Can you tell us a bit about the origins of both of these art forms?

I am so glad you asked this question! We cannot talk about burlesque or pole without discussing sex work. It's common knowledge that pole dance originated in strip clubs but it's so important to acknowledge this and pay respect to the original creators. We would not have the aesthetic or the majority of our pole moves if it wasn't for strippers. They opened the first pole studios and shared this bad ass dance form with us. Very often, this can be glossed over or white washed, as if it's shameful and should be forgotten. Even if dancers don't wear the classic clear Pleaser heels, those moves still came from strippers at work. I myself worked as a stripper during my years in London (honestly not sure how anyone affords to live there otherwise) and it took a lot of work for me to overcome the stigma associated with the job. We need to strip away (pardon the pun) the shame associated with stripping and sex work and face the fact that it's a part of the history of pole dance. Burlesque is no different! It's literally the art of the strip tease! In the golden age of burlesque, the dancers were looked down on, and thought of as common and cheap. They had their shows censored by city officials and were arrested for indecent exposure constantly. It looks very safe and twee to us now when we look back to the 40s and 50s but those women were judged and feared, just as much as strippers today. Modern day stripping is descended from old school burlesque! It's just adapted to the times. It's really important that we don't forget this.

How does it make you feel when you're performing a burlesque or pole routine compared to other dance styles?

I'm a pretty sweaty person, so when I'm performing pole, my primary thoughts beforehand are "Please don't slip, please don't die!" A LOT of skin grip and friction is required for certain moves and I struggle with keeping my skin dry. But once I start a performance, I'm gone, I'm the character with a story to tell. Since I'm the only person on stage, I can feel the audience's energy and how they respond to me. It's amazing to meet someone's eye, feel that connection while you're removing a glove or something and have such a simple move make them blush or giggle or smile. Audiences are so appreciative of a surprise transition or reveal. There's nothing like hearing an audience's screams and cheers as you're in an upside down split 7 feet off the ground or shaking your tassels at them!



Photo: [@seanmfoto](#)

THIS MONTH WE CHAT TO

DEE KEAVENEY/ DARIA DECOLLETE

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What advice would you give to someone wanting to get into burlesque/pole?

Take classes!!! Go to shows! Follow performers and dancers you admire on social media! Especially if you are wanting to pole dance, I would advise going to a studio with a reputable (and sex worker friendly) instructor who can teach you the basic mechanics and techniques safely. Pole dance is not easy so be prepared for burns, bruises and bumps. I have fallen off the pole more times than I can count. Getting proper training is a must, in my opinion. Once you have been training a while, a lot of people can go ahead with training themselves, there's so many online schools and resources now for those with poles at home so it's really accessible. With burlesque, a teacher or mentor can really help with figuring out your style and persona. You can really be yourself and get weird with it if you want, there are no limits! Going to shows and following performers will show you the range that's out there. A little research online can go a LONG way too!

How has taking part in these art forms helped you in your dancing and also in life?

I feel like I've been given a second career as well as a whole other way to express myself. When I moved home from London, I wasn't sure if I was retiring from the stage but the cabaret world was opened to me and I've not looked back since. I'm all in! Sometimes I do miss dancing in group with others, where we've worked together to make a piece come to life but for the most part, I am so happy to be where I'm at now. There are few things as satisfying as having total creative control over what you do, where the choreography, costumes, concept all comes directly from your brain.

The combination of pole dance, burlesque and stripping in the club has boosted my confidence to new heights. It's allowed me to live to my full potential and overcome a lot of insecurities. I know some people look at me and think that dancing on stage, basically naked, is demeaning. They could not be more wrong. I'm in control and in charge of my own body at all times and who says nudity has to be sexual all the time anyway?? Come see my Work Out Barbie act and you'll see how silly and fun and dumb stripping can be!



Photo: [@hectorheathwoodundercover](#)

THIS MONTH WE CHAT TO

DEE KEAVENEY/
DARIA DECOLLETE

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WEBSITE WWW.DEEKEAVENEY.COM

What's something you wish you had known sooner before starting burlesque/pole?

I just wish I had started earlier to be honest! If I'd known how many amazing people I would meet, how many friends I would make and how much pride I would have in my work then I would have gotten stuck in a lot sooner!

What future plans do you have for your burlesque/pole career and where can we find you performing next?!

I never want to stop really! At the moment, I am slowly getting back into pole training. Lockdown wasn't easy there, I had a pole at home for a while which was awesome but then I moved to a tiny apartment and couldn't bring it with me. I've lost a LOT of strength so just working on building that back up bit by bit. It's annoying when you can't do moves that you used to be able for but it's just about patience and putting the work in. The strength will come back! As for shows, the entertainment industry in Ireland still has not opened up properly but I got to perform at a few outdoor Pride events around the country which was just unreal! I'll be back in London in September to perform at one of my favourite shows, Sexquisite Events, and then on to Barcelona in October for the Barcelona Burlesque Meeting. I am so beyond excited to get back on a plane with a suitcase full of sparkly stuff and just get back to work! Isn't that what we all want??!

*"You can really be yourself and get weird with it if you want, there are no limits!"
-Dee Keaveney*



Photo: [@simonbalancer](#)

[@dancingwithisobel](#)
[@dedaderby](#) www.deda.uk.com
Photo: [@futureprooffilms](#)

**DANCE
BOSS
OF THE
MONTH**

Isobel Davis

Isobel is a passionate dance artist from Derby, who is on a mission to share her love of dance with everyone! She's a freelance Dance, acrobatics and aerial teacher and works full time as a dance development and learning coordinator and academy manager at Déda, a local dance organisation and NPO. Her role at Déda stretches over the whole spectrum of dance learning and participation, including dance education, community dance, dance in health and wellbeing settings, early years dance, and youth dance. Although it means juggling lots of hats it gives Isobel the chance to be creative and inspire different people every single day!

Isobel began her dancing journey at the age of 3 where she took IDTA ballet, tap and modern jazz classes at a small local dance school. She began to take dance more seriously at the age of 13 where she also started experimenting with other dance styles such as commercial, acrobatics and contemporary dance. Although Isobel's younger self envisioned that she would be a performer she made the decision to go down the university route to eventually become a dance teacher and inspire others much like her teachers inspired her.

In 2015 Isobel graduated from Edge Hill University with a first-class BA honours degree in Dance and Aerial Performance and has since had a 6-year career in dance. In that time, she's taught way over 6,000 people of all ages and backgrounds and seen many of her students grow in not only dance skills and technique but also confidence, social skills, resilience, and creativity. Isobel even gets her annual performers kick when she leads and performs as part of her local outdoor festival, Derby Festé, which usually sees over 300 people of all generations perform by her side.

In the future Isobel hopes to reach even more people and continue to enrich people's lives through dance, empowering and encouraging everyone to dance and gain all the positive benefits to come along with dancing!

FIND YOUR INSPIRATION

DANCE BOSS
THE E-ZINE FOR
DANCERS



Dance Boss Founder Emily Sophie's book is a great companion for your dancing endeavours to help guide and support you all the way. Purchase your copy from Amazon [HERE!](#)



If you're looking for a way to relieve tension in your body, then the Shakti Mat is a great tool to have. You can lay down on your back, roll it up to use under your neck or even stand on it to hit those pressure points in your feet. It's not for the faint hearted but it definitely works a treat! Check them out [HERE!](#)



Dance studio shout out to The Edge in LA. If you're ever stateside, then be sure to check out this dance studio. There are so many fantastic choreographers teaching there- people like Bobby Newberry! Find out more over [HERE!](#)



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by
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