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Everything You Need to Know About Getting a Brazilian Wax A Dentist Shares 6 Ways to Keep Your Oral Hygiene 10/10 During Quarantine JAMIE, FARGO, ND asked:I can't dance. Help me before I hurt someone!Answer:First, learn a basic move so you don't have to concentrate on your own feet. Yuriy Datsyk, director of the Fred Astaire Midtown Dance Studio in New York City, recommends the box step: It's easy to learn, and it works whether you're dancing with a partner at a wedding or grooving solo at a club. Cue the music: Step forward with your left foot and then bring your right foot forward and to the right. Move your left foot next to the right. Now step back with your right foot, then back and to the left with your left foot. Bring your right next to the left. If you're making moves solo, let your body's natural movement dictate the swing of your arms. If you're dancing with someone, hold her with your right arm at her left shoulder blade level—this creates an intimate common space for the two of you. Join your left hand with her right hand at chest level. Now focus on your partner, not yourself. "Your job is to showcase her—you are her foil," says Datsyk. That also means protecting her from collisions.Watch Next This school near Penn Station is refreshingly old-fashioned. It specializes in tried-and-true forms like ballroom, swing, lindy hop and several Latin styles. The studio's philosophy emphasizes the social aspects of dance, and instructors encourage learners to advance at a pace comfortable to them, making this a low-stakes place to meet new people—you could have the most romantic meet-cute ever during a waltz. Born in the early 20th century, modern dance is a dance style that focuses on a dancer's own interpretations instead of structured steps, as in traditional ballet dancing. Modern dancers reject the limitations of classical ballet and favor movements derived from the expression of their inner feelings. During the 1900's, European dancers began rebelling against the rigid rules of classical ballet. Turning against the structured techniques, costumes, and shoes of ballet, these dancers favored a more relaxed, freestyle form of dancing. For example, modern dance pioneers often danced in bare feet and revealing costumes. In the United States, several dance pioneers paved the way for American modern dance, including the legendary Martha Graham. Martha Graham is considered one of the foremost pioneers of American modern dance. In order to express the passion, rage, and ecstasy of humans, she developed her very own language of movement. Graham created a new dance technique similar to classical ballet, but with several differences. She focused heavily on basic human movement, concentrating on the movements of contraction and release. Instead of striving for long, fluid movements, Graham's movements were sharp and jagged. Her dancing aimed to expose basic human emotions through movement, and her brave vision for modern dance earned her several awards and honors. Modern dance encourages dancers to use their emotions and moods to design their own steps and routines. It is not unusual for dancers to invent new steps for their routines, instead of following a structured code of technique, as in ballet. Another characteristic of modern dance, in opposition to ballet, is the deliberate use of gravity. Whereas classical ballet dancers strive to be light and airy on their feet, modern dancers often use their body weight to enhance movement. This type of dancer rejects the classical ballet stance of an upright, erect body, often opting instead for deliberate falls to the floor. Modern dance has become a huge genre in the dance world today and is typically listed as a class offered on the schedules of most dance studios. Some dancers feel that modern dance gives them a chance to enjoy ballet dancing without the strict focus on their technique and turnout. Many dance competitions throughout the nation judge dancers on their modern dancing ability and dancers take this opportunity to use their dancing to express their innermost emotions and get closer to their inner-selves. Watching a modern dancer can sometimes become emotional, especially if the dancer is trying to convey a series of sad emotions, such as death or grief. Here are some of the steps that dancers take when developing a routine: Before attempting to choreograph a routine, the modern dancer decides which emotions to try to convey to the audience. Many modern dancers choose a subject near and dear to their hearts, such as a lost love or a personal failure. The dancer then chooses music that relates to the story they wish to tell or choose to use no music at all, followed by a costume to reflect their chosen emotions. To learn modern dance, check the yellow pages or local newspaper for possible classes. For dancers attending their first modern dance class, there are certain types of shoes and clothes to wear. While some studios have strict dress requirements, most dancers will be safe showing up in tights and a leotard underneath a top or skirt. As for shoes, many modern dancers prefer to wear leather or canvas ballet slippers, and some like the feeling of bare feet. As we gear up for Dance Moms season eight — which is sure to bring the heat thanks to a totally new cast, an inside look into the health battles of Abby Lee Miller, and a return to the original ALDC studio in Pittsburgh, Pennsylvania — fans are both eagerly awaiting full episodes of the new season and reminiscing on the earlier days of the show. After all, it's been almost two years since the season seven finale, which was thought to be the very last of the series. But thanks to streaming services like Hulu and the Lifetime App, you can relive your favorite dances, pyramid reveals, and mama drama by watching full Dance Moms episodes. Be sure to binge-watch your favorite moments before the premiere of Dance Moms: Resurrection airs on June 4 on Lifetime. Mylifettime.comStart at the beginning with season one, or catch up on the drama of season seven on Mylifettime.com. It's free to create an account — simply use your Facebook or Google account — and once you do, you'll have access to a bunch of episodes from season two to season six. If you want to access all available episodes from season one, you'll need to sign in with your cable TV provider. Lifetime AppYou can watch 164 free, unlocked Dance Moms full episodes anytime, anywhere by downloading the free Lifetime app on your smartphone, smart TV, or tablet. Through the app, you can even sign up for Dance Moms email updates which provide updates on new episodes, sneak peeks, and more. READ MORE: Abby Lee Miller Says She 'Wanted to Die' During Her Health BattlesHuluIf you've already got a Hulu account, you're in luck. The online streaming service has season one and season seven available to watch. Go back and watch where it all started, or catch up on where it left off with the 43 episodes available on the site. iTunesCan't get enough of your favorite piques and prouettes with Abby and the girls? Buy individual seasons of the show for \$24.99 each on iTunes and you'll have them to enjoy forever on your Apple account. READ MORE: Abby Lee Miller Showed Her Scars During the 'Dance Moms' PremiereAmazon Thanks to Prime Video, you can buy individual episodes or full seasons of the show for anywhere from \$1.99 per episode to \$24.99 per season. Download them and you'll be able to watch every costume, competition, and cat fight come to life on your Amazon-enabled devices. Dance Moms: Resurrection will premiere live on Lifetime on June 4 at 8 p.m. EST. After episodes air, they will become available to watch via Mylifettime.com or the Lifetime App, as long as you sign in with a TV provider. The new episodes will also be available for purchase on Amazon Prime Video. Mackenzie DunnCommerce Manager, Home & LifestyleMackenzie is the Home & Lifestyle Commerce Manager at Hearst, working across multiple brands to make informed product recommendations to readers. She has been writing and editing for over 5 years with bylines in The Spruce, MyDomaine, Shape, Instyle, Editorialist, and more.

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