

**Can Fit Pro 2017
Session 3101
Dancing For Joy**

Dancing into Flow – The Science Behind a Successful Class

- Defining Flow
- Finding Fitness Flow
- Steps to Flow
- The Sweet spot
- Apathy or Anxiety?
- Repetition of movement creates mastery of movement
- Mastery = a sense of accomplishment and success = FLOW
- Success keeps your students coming back for more and fills a room

Mood Food

- Mood versus Measurements
- The Brain on Exercise
- The Brain on Music
- The Brain on Judgment

The Power of our Thoughts

- Neuroplasticity – Dance Like No one is Watching
- Fight or Flight
- Perception, belief, the exercise experience

Reframing The Why Behind The Workout

- Numbers or feelings?
- The choreography connection
- Music up, ego out, teamwork in
- Be the change

Thank you so much for dancing with me today.
You are amazing!

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Choreography Notes

Block One

- A. Walk R Slow (1-2) L, R 3-4, Walk L Slow (5-6) R, L 7-8
- B. Reach Up and Lower R arm 1-2, Reach Up and Lower L arm 3-4, 4 rocks R,L,R,L
- C. 8 count box step moving back R/L – cross on 1 and 4 with optional turn on 7 and step out L on 8
- D. Mambo R1-4, 2 hip circles R leg (turn to L)

Block Two

- A. Chasse R 1+2, back L on 3, front R on 4 (facing front) Chasse L 5+6, back R on 7, front L on 8
- B. Walk fwd. 4 counts (facing side of room) Walk fwd. 4 counts (to front of room)
- C. “Fosse” Step out and together 2X 1-2 R-L 3-4 R-L into Angel arms opening and lower 5-8
- D. Lift up 1-2, Lower down 3-4 Rock 4X Shoulder lifts up on 5,6,7,8 (keep weight on R leg)

Block Three

- A. 8 count box step moving back L/R 1-6 – cross on 1 and 4 with optional turn on 7 and step wide L on 8
- B. Scoop Under S to L, S to R, Double to L
- C. 6 count mambo R/L 1-6 turn on 7 and step out wide L on 8
- D. Grapevine 2X R/L

Block Four

- A. Step across and tap side 4X (moving fwd.) R/L
- B. Rock step, cha, cha, cha 2X (moving back) R/L
- C. Kick on 1 R, ball change R/L + 2 Kick on 3 R, ball change R/L + 4
Kick out R on 5, lift R knee on 6 step out R on 7 and step wide L on 8
- D. 8 rocks R/L

Block Five

- A. Walk fwd. 4 counts R/L – step wide R slow 5-6 step wide L/R 7-8
- B. Curl step 3X L/R/L step across R on 7 and wide L on 8
- C. Elvis 2X R/L
- D. Push turn 1-2 R/L and walk to back 3-4 R/L and push turn 5-6 R/L and walk to front 7-8 R/L

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My Mix Music Link

<http://mymix.yesfitnessmusic.com?uuid=2aa2af50-790d-11e7-a2cf-22000b8d0795>

(Cut and paste into browser)