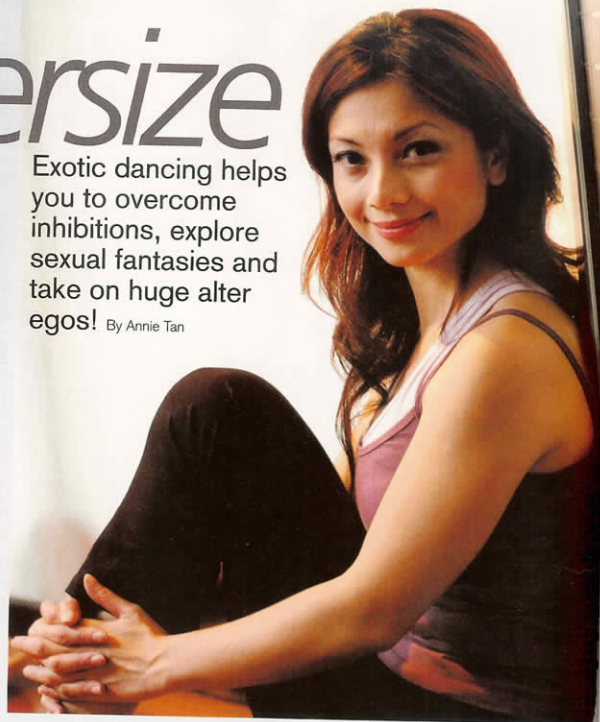


# Supersize me!

Exotic dancing helps you to overcome inhibitions, explore sexual fantasies and take on huge alter egos! *By Annie Tan*



**h**ave you ever met a woman who walks into a room and fills it up immediately? I am talking about women with super huge personalities and the pluck to wear it on their sleeves. Some may be so loud that you can hear them from a mile. Others may be so saccharine sweet they almost give you a toothache. These women may come off as over-the-top and even ridiculous, but one thing's for sure; they certainly seem to be having fun.

Well, if you are solemnly shaking your head in disapproval, hold it there! Fi, an exotic dance instructor at Groove, believes that you too may have an oversized alter ego which you're doing a splendid job of suppressing.

So tell me, are you a Sexy Schoolgirl, a Drama Mama or a Feral Dominatrix? Granted, in all seriousness, this sounds like something silly out of a porn website. But why look at it in all seriousness? As Fi puts it, "All ladies have their fantasies and it's not wrong to play them up.

"This need to be serious and perfect is a unique Singaporean trait. (But) haven't you and your partner shared some laughs in your most intimate moments?" she adds. "If you have fun with yourself, and feel comfortable and sexy, there's no way you'll look comical. It's those who take themselves seriously who look comical."

But laughs aside, exotic dancing is an excellent way to confront your personal demons. The voice in your head that whispers and wails 'I am too fat', 'I am too old', 'I look ridiculous!' "Exotic dance forces you to understand your body and express its beauty through sensual movements," stresses Fi. "It is a celebration of the female body and empowers (the woman) through dance

so that she can affect her audience."

How can dressing skimpily and grinding to the catcalls of boozed up men be a form of empowerment, you demand? We're not talking about 'Girl Power' ala Spice Girls right?

Absolutely not! As Fi explains, the venue, audience and dance moves are strong factors that affect the way exotic dance may be viewed. Of course, there's no stopping you from performing in front of an over-appreciative male audience if you so desire. But like Fi, you can also stage a private performance for your special someone. Or alternatively, you can join the ladies at Groove who pick it up in a closed-door all-women class for the sheer fun or it!

"There's something about just hanging out with the girls," laughs Fi. "It's almost like an Oprah Winfrey talk

show. We dance, we laugh at ourselves, and we sit down and share things." And if you ask Fi, that's the spirit of exotic dancing – a beautiful performance 'by women for women'.

Of course, let's not neglect the fitness aspect of exotic dance which involves body isolation exercises, muscle strengthening workouts and repeated corrective exercises, all to make you feel good about your body. But with that said, this exercise is not about weight-loss per se. It's about feeling good about your body, supersizing your confidence and having a blast.

So have you found your alter ego yet? If not, why don't you try all three? Fi has choreographed classic moves for each, so get into character and work out a sweat ♥

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### Sweet schoolgirl!

Be a tease. This character is sweet as candy and playful as a kitten. So bat your lashes and give your most wide-eyed look.

**GEISHA POSITION** Stand with your side facing the audience/mirror. Bend your knees and get into kneeling position. Then put your hands on your thighs and look submissive.

(Picture 1)

**THE WORM** Place hands on the ground and get into four-point position. Slide down to the floor very slowly, first letting your head touch the ground, then the chest, and finally the stomach. Once you are flat on the floor, lift both legs up and cross them. At the same time, prop yourself up with your elbows.

(Picture 2 and 3)

(Music to set the mood: *Justify My Love* by Madonna and *Sexy, Naughty, Bitchy* by Tata Young)

**Drama mama**  
Drop the coyness. Drama mama is the star of the show and she insists on making a statement. So make big dramatic movements.

**HOOKER WALK** Stand with feet apart. Then walk with the drag-and-step technique. Always start with your toe pointing down, drag your feet slowly and seductively in front and step. (Picture 1)

**SUPERSTAR POS:** Start with your arms raised. Kick out with your left foot and spread your arms like a star at the same time. Bring your left hand down and caress yourself from the ankle to the thigh. (Picture 1, 2 and 3)

(Music to set the mood: *Moulin Rouge*, *All that Jazz* from *Chicago* and *Fever* by Beyoncé)



### Feral dominatrix

Bring out the claws 'cause this woman's fierce. Domineering and aggressive, the Dominatrix will stop at nothing to get her way. So show them you mean business with sharp and forceful movements.

**SERIOUS BUSINESS** Stand with feet apart and right feet turned to the right at 90 degrees. Place right hand on your right knee. Lower your left knee onto the floor. Bring your right knee in and get into kneeling position. (Picture 1 and 2)

**THE PUM!** Fall back and prop yourself up with your left hand. Put your right hand on your head and thrust hips up and down repeatedly. (Picture 3)

(Music to set the mood: *Toxic* by Britney Spears, *Can't Hold Us Down* by Christina Aguilera and *Red Blooded Woman* by Kylie Minogue)

All Photos by Angie Ng