

Better Homes and Gardens.

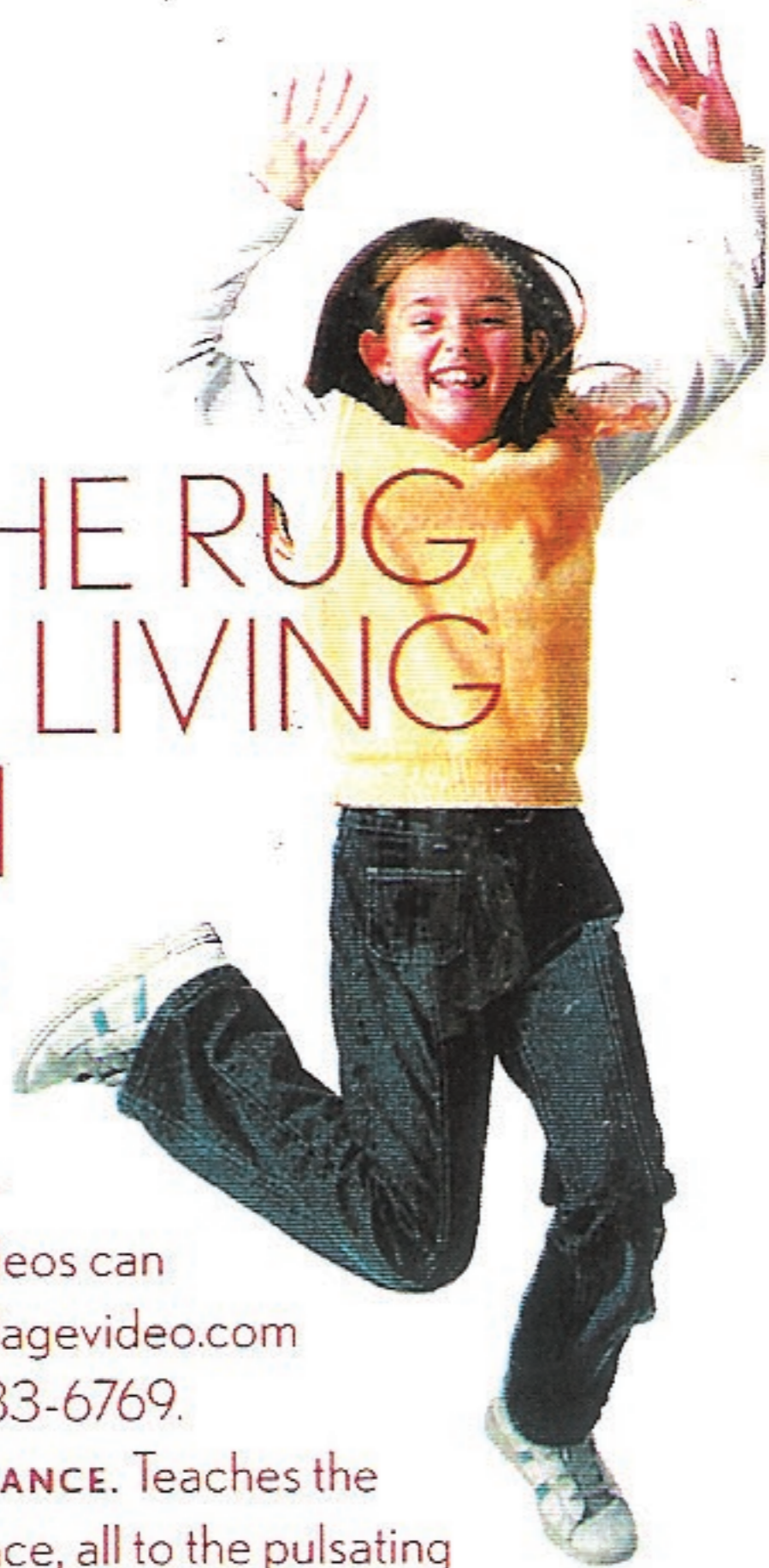
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CUT THE RUG IN THE LIVING ROOM

Don't have time for a class? Check out these videos and DVDs. Unless otherwise indicated, all videos can be found at www.collagevideo.com or by calling 800/433-6769.

- **AFRICAN HEALING DANCE.** Teaches the basics of African dance, all to the pulsating beat of drums. \$19.95 for VHS.
- **BELLYDANCE SLIMDOWN.** This 30-minute tape for beginners features twin sisters Veena and Neena doing the "genie bounce" and "shimmie hips." \$14.95 for VHS.
- **DARRIN HENSON'S DANCE GROOVES.** A choreographer for pop stars, Henson teaches the fancy footwork associated with pop's hottest songs. Great for



teens and the young at heart. \$14.95 for VHS, \$19.95 for DVD.

- **HULA WORKOUT SERIES:** Hawaii-based fitness instructor Kili combines elements of hula and Tahitian dance to create a fast-paced workout. \$14.95 each for VHS, \$19.95 each for DVD.

▪ **MASALA BHANGRA WORKOUT VOL. 2.** A high-energy workout that features ethnic dance moves and music from India. \$24.95 for VHS plus shipping and handling. Call toll-free 877/462-7252 or visit the Web site www.masaladance.com.

- **THE NEW YORK CITY BALLET WORKOUT.** Performed by New York City Ballet dancers and shot in black-and-white, this attractive 51-minute workout includes classic ballet moves, Pilates, and cardio. \$14.95 for VHS; \$19.95 for DVD.
- **TAP-N-BURN.** Suitable for all ages and fitness levels, this video stars six of the country's top choreographers giving step-by-step instruction on how to tap dance. Tap shoes aren't required. \$19.95 for VHS, \$24.95 for DVD. Visit www.tapnburn.com.

