

# How to... DANCE THE DISCOFOX/HUSTLE

*Jennifer Mason* puts on her flares and channels her inner John Travolta to learn a popular '70s dance that deserves to come back into fashion

**W**hen it comes to all things dance-related, local resident Fritha Fallon certainly knows what she's talking about. With diplomas in both teaching and analysing body movement, her students have the benefit of an instructor who is more than qualified to show them the steps and help them develop body confidence in their moves – all in the comfort and privacy of their own homes.

Fritha has learnt from, and danced with, some of the best performers and choreographers in the world. Spending time in the company of experts in America she discovered her love for the Hustle, a salsa-esque step danced in the Latin clubs of 1970s New York. Now growing in popularity in the States again and well-known as the Discofox in many European countries, the dance has yet to find many fans in the UK – until now. Fritha's company, Dance Diversion, is offering south-west London students the chance to develop their dance repertoire by learning the Cha-Cha, Mambo and Hustle as well as nurturing the social side of these dances, thereby reinvigorating the tired 'dance class' genre.

Right, enough theory. It's time to put on my dancing shoes (quite literally) and hit the floor with Fritha to learn the basic steps. As Daft Punk's *Get Lucky* drifts out from the speakers, I can almost imagine myself in the centre of a light-up dance floor with a mirrored disco ball twirling patterns around my head... it's the Putney version of *Saturday Night Fever*. ■

*Private lessons, couples and small groups, £52-£75 per hour. For more information, call 07968 961 154, email [fritha@dance-diversion.com](mailto:fritha@dance-diversion.com) or visit [dance-diversion.com](http://dance-diversion.com)*



ONE

The dance has a three-step beat, but most disco music has a four-beat rhythm, so the most important thing to remember is to count your steps: one...two...three. Tap...step...step.



TWO

Begin by tapping your right foot behind your left heel, then stepping it out to the right. The ball of your foot should hit the floor first, before you bring your heel to the floor, pushing down your right hip. Next, step on your left foot and let your left hip to sink down. Those are your three 'beats'.



THREE

Once you've got into the rhythm, it's time to start rotating. By changing the direction of your right and left steps, slowly move your body around in a circle, keeping to the three-beat tempo.



FOUR

Now it's time to move from a side-to-side movement to a forward-and-back one. Tap your right foot behind your left heel as before, but this time step forward on your right foot (always using the ball of your foot first, followed by the heel), then back on your left. Keep moving those hips, too.



FIVE

Remember to keep your arms bent, held up with your hands in front of your chest. This will a) give others the impression you know what you're doing and b) ensure you are in the correct position when you begin dancing with a partner.



SIX

If you're comfortable with the basic 'tap, step, step' you're ready to move up a gear. This time, instead of simply tapping your right foot behind, incorporate a ball change – a quick one-two step. Your new rhythm should count off like this: and-one...two...three. Ball change...step...step.