



1 TAKE A HIP-HOP DANCE CLASS

Pharrell Williams' *Happy* is playing loud over the stereo, and it's impossible not to wiggle a little bit. The studio is filling up with people stretching, bending, adjusting sweatbands, and checking themselves out in the studio's mirror wall. It is a scene that echoes one from the hit New York-set movie *Fame*, but these dancers aren't fresh from the stage – most are here after a busy day in the office. The Alvin Ailey American Dance Theater, as well as training professional dancers, offers beginner's classes in every genre from ballet to hip-hop.

Today's teacher is TweetBoogie (below), and there's no doubting her hip-hop credentials – born in the Bronx, she has worked with the likes of Jay-Z and Mary J Blige. Tweetie moves with effortless rhythm, her steps followed with varying degrees of success by her students. 'I don't think I would have learned what I know living anywhere else,' she says, sipping mineral water during a short breather. 'Here in New York, music isn't just in the clubs – it's in the parks, outside my window, at the local bodega, block parties, in the train station. You can dance everywhere.'

● Two classes from £20; alvinailey.org

