

TimeOut

January 20–February 2, 2016

Notable New Yorkers tell us how to beat the cold-weather blues

By Tolly Wright

January 20, 2016



"Something that keeps me warm during the winter is Maguette Camara's West African class. It's an incredible experience,

guaranteed to move your spirit."

JEROBOAM BOZEMAN COMPANY MEMBER, ALVIN AILEY
AMERICAN DANCE THEATER

Shake off winter while shakin' your whole body at choreographer Maguette Camara's open-level class. You may be standing in a lovely Ailey Extension dance studio, but Camara, who emigrated from Senegal, transports his class as he teaches the significance and meaning behind the dances. Try your damndest to do the traditional movements he patiently demonstrates, which include joyous sweeping gestures and fast steps found in ceremonial dances from regions in Senegal, Mali, Guinea and the Ivory Coast. The infectious energy of the live drum helps even the least coordinated step to the beat. 405 W 55th St (212-405-9000, alvinailey.org). Fri at 6:30pm; \$20/class.