



## **How to Survive Twerking, Dirty Dancing at the Holiday Office Party How to make a spectacle of yourself, but in a good way!**

November 2013 – Toronto – Party pro, fitness expert and owner of Brass Vixens Pole Dancing & Fitness Studio, Shannon Crane, has pearls of dancing wisdom to pass on to hipsters and impressionable older types who find themselves channeling Miley Cyrus and out of control at the holiday office party.

### **Office Party Dance Tips from a Party Pro**

A seasoned party-girl, Crane can relate to the overwhelming urge to get footloose and let the backbone slide. Here's her festive advice on how to be memorable, not shameful, if the desire to 'drop it like its hot' can't be contained.

If you're going to drink six glasses of wine at the staff holiday party and then twerk for the boss, here's what you should (try to) remember...

**Office Party Twerk Tips!** For starters, keep your tongue in your mouth – smile! Kick off your heels for better balance. Drop your body into squat position, don't hunch your shoulders, arch your lower back and twerk using your hips!

If you drink too much chardonnay Bridget Jones style and reach for the nearest pole to spin around, here's what you need to know...

**Office Party Pole Dance Tips!** Check you're wearing nice underpants. Wipe sweat from your hands before you grab the pole – safety first. Always keep one hand gripping the pole for balance. Hair tossing and leg kicks are good basics to start with while walking slowly around the pole. Sashay and rock your hips for best results.

If the office party migrates to the dance floor beware of overly seductive dirty dancing – that means you! **Office Party Dirty Dancing Tips!** Don't dirty dance solo, join in with other dancers. Sway your hips, don't grind them. If you gotta move your hands, keep them roaming on your body, not the cute intern. Keep the motion slow – less chance to fall on your butt!

If you can remember how to get home, then these dance tips are doable.

For more dancing-in-public advice and dance move tips from Crane and/or to arrange a festive dance demo worthy of YouTube, please contact Brass Vixens media rep, Sonja Andic, [sonjaa@swiftkickpr.com](mailto:sonjaa@swiftkickpr.com).

### **In other news! Brass Vixens Fitness second location opening on Yonge Street in downtown Toronto January 2014.**

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Media backgrounder <http://www.brassvixens.com/media-takeaway-pdf/>

#### **ABOUT**

Brass Vixens offers over 200 pole dance and fitness classes a month where women (and men) of all levels and ages can get down, get fit and get sexy! First for Pole Dancing in Toronto, Brass Vixens also offers the latest in fitness exercise including [Twerking](#), Hula Hoop, Aerial Fitness, Burlesque & Chair Dancing. Private fitness parties to celebrate Birthdays & Bachelorette Parties are two of our most popular bookings. Small group personal training sessions also available. January 2014 Brass Vixens is opening second location downtown on Yonge Street.

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