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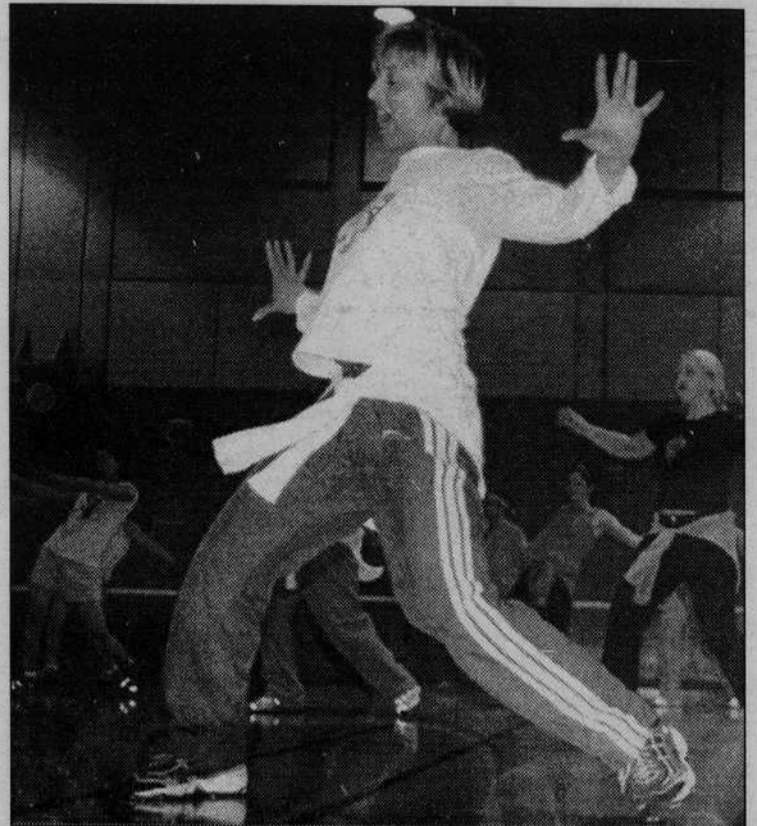
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011134



Laura Smit Emerald

Cheryl Lemmer, a dance instructor at Lane Community College, gives a hip hop dance workshop for Dance Oregon, a University dance club, Wednesday at Gerlinger Annex.

## Hips shake, feet hop with Dance Oregon

■ The campus dance club sponsors its second hip hop workshop of the term Wednesday evening

By Tara Hadley  
for the Emerald

"Let things loosen up ... untuck your shirt, it's OK!" booms the instructor across the gym. It was an hour and a half full of booty-shakin' fun while students' hips swayed, feet stomped and the music played.

The first 50 people through the doors of Gerlinger Annex learned some new moves Wednesday as they followed the lead of Lane Community College dance instructor Cheryl Lemmer.

Dance Oregon, a campus dance club, sponsors hip hop dance workshops about once a term. Although, it has already had two this term, with a turnout of 90 people for the first. Dance Oregon provides the workshops at a cost of \$8 per student. Students of all majors and experience levels attended the event, eager to see what Lemmer had in store for them.

Though technique is important in all forms of dance, hip hop technique is one anyone can make their own. Lemmer emphasizes keeping an open mind while dancing because of the diversified background that hip hop comes from: clubs, jazz, street and each teacher, who brings in his or her own style.

She says she is drawn to the workshops because "they reach different people from all over town. People get excited who normally wouldn't."

Megan McGregor, a senior exercise and movement science major, thought the workshop was exhausting but fun.

"Cheryl kicked our butts," she said.

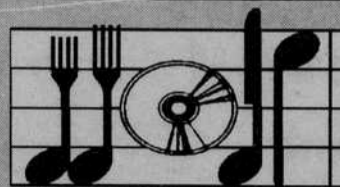
Dancing is often considered a therapy session between one's body and the music being played. The rhythmic motion of dancing is relaxing and can help relieve anger and stress. This exercise can improve muscle tone, balance and posture in addition to coordination, confidence and mental outlook.

Eugene also has several dance studios and lessons available for all skill levels. TaDa Productions Dance Studio offers beginning and advanced hip hop classes that meet once a week for an hour. The cost is \$36 a month, although the first class is offered free.

Musical Feet has an all-level hip hop class tentatively scheduled for this summer as well as jazz classes offered every term.

Freshman journalism major Megan Amedo expressed her sentiments of the workshop Wednesday:

"The music was loud, she was loud, and it was a good time. You didn't have to know what you were doing."



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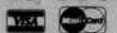
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