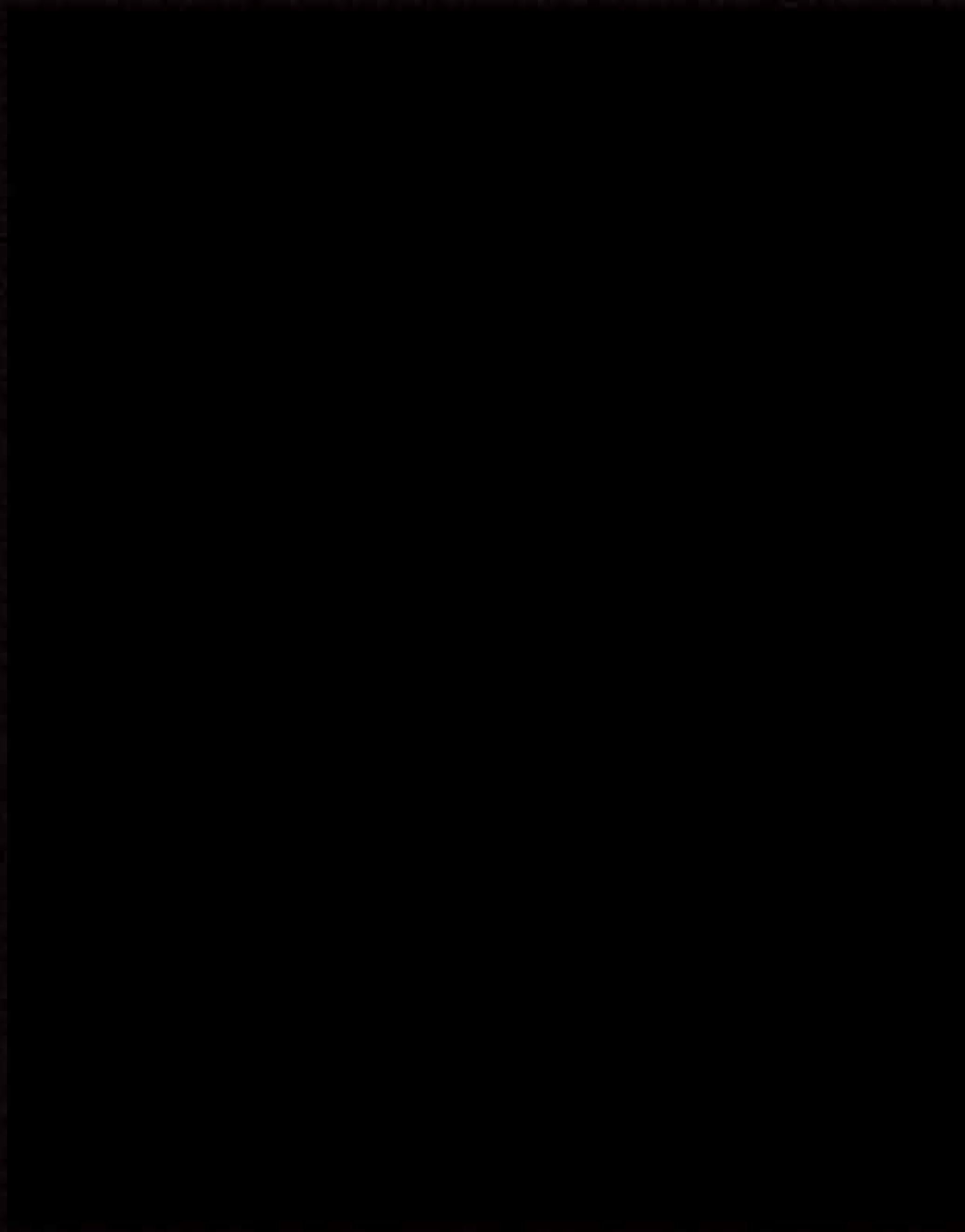
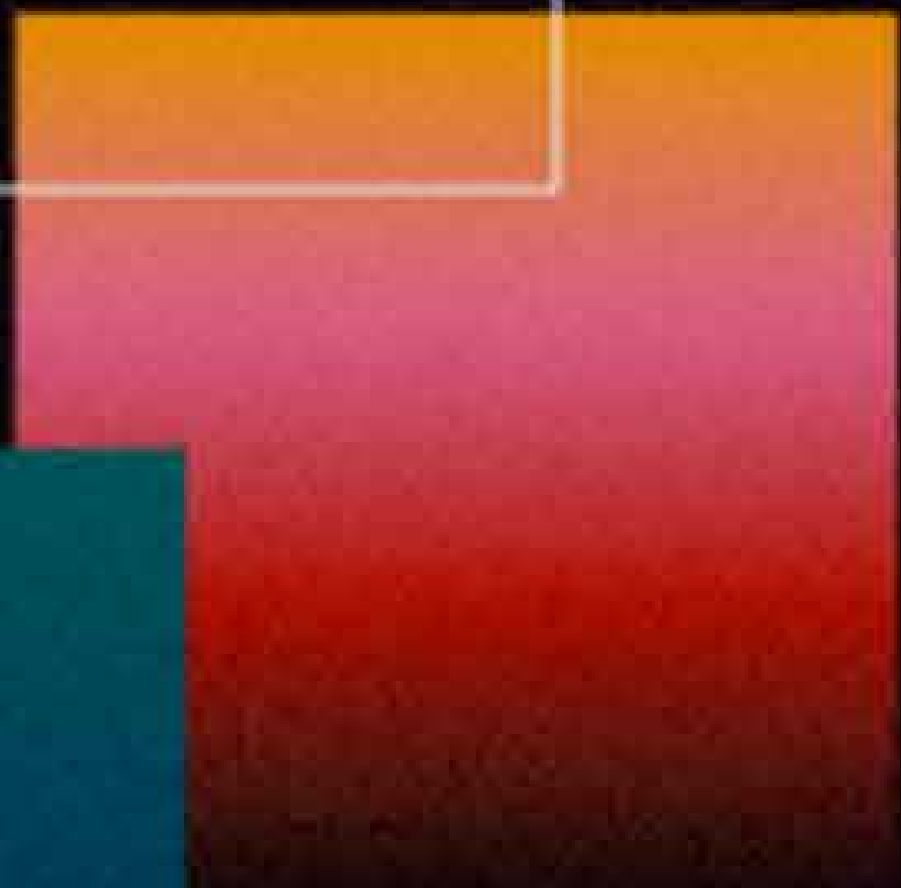


REVELATE: & COUNTS



ABOUT &COUNTS

An inside look at the dedication, discipline, and care behind every movement in the Philippine dance scene, inspiring growth, creation, and a community built on passion and connection.

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TRACING THE STEPS

The Evolution of Street Dance in the Philippines

Street dance in the Philippines has evolved into a powerful cultural movement, shaped by global influences and local creativity. Its roots can be traced back to the late 20th century, when Western hip-hop culture—particularly breaking, popping, and locking—was introduced to Filipino audiences through films, television, and music videos. Movies like *Breakin'* and *Beat Street* played a significant role in inspiring early Filipino dancers to imitate and adapt these styles.

The 2000s marked a turning point, as organized competitions and international exposure elevated the Philippine dance scene. Filipino crews began joining global contests such as the World Hip Hop Dance Championship, gaining recognition for their precision, creativity, and synchronization. Groups like UPeepz and A-Team Philippines helped establish the country as a powerhouse in the MegaCrew division, earning world titles and inspiring a new generation of dancers.

At the same time, local styles continued to emerge. One notable example is Budots, which originated in Davao City and became a nationwide craze due to its accessible movements and grassroots appeal. This demonstrated how Filipino street dance was not only influenced by global trends but also capable of creating its own unique forms.

Today, street dance in the Philippines thrives both on stage and online. Dance studios, school organizations, and crews continue to train and compete, while platforms like TikTok have expanded its reach to global audiences. Philippine street dance reflects a dynamic blend of culture, creativity, and community.

THE RISE OF BUDOTS

The Music and Dance Craze from Streets to Global Screens

Budots is a uniquely Filipino dance and music phenomenon that emerged from the streets of Davao City in the late 2000s. What began as a localized expression of youth culture has evolved nationwide and it eventually became a global dance craze. Reflecting both creativity and resilience of Filipino communities.



Sherwin Tuna, the godfather of budots, produced simple, beat-driven electronic tracks using accessible software. These sounds were paired with a freestyle dance style characterized by loose, playful, and often “worm-like” movements.

Originally performed in barangays and street gatherings, Budots was deeply rooted in everyday life, drawing inspiration from urban sounds and local experiences.

Budots entered mainstream consciousness through television exposure and viral moments, eventually becoming a cultural symbol. In recent years, platforms like TikTok have introduced Budots to a global audience, where its catchy beats and humorous energy resonate with digital communities worldwide.

Today, Budots stands as more than just a dance trend—it is a representation of grassroots creativity and Filipino identity. Its journey from the streets of Davao to international screens highlights how local culture can thrive and gain recognition in the digital age.

How AndFriends Keeps It Real

In a dance world full of clean lines, sharp hits, and high-stakes competitions, AndFriends chooses a different path—they choose to keep it real.

Led by Carlos Serrano III and Lean Mangrobang, AndFriends is more than just a crew. It's a creative space where dancers are free to explore, experiment, and most importantly, feel. For them, dancing is about expressing something honest rather than just looking good on stage.

Both Carlos and Lean have been dancing and choreographing for almost a decade. Carlos began dancing in high school and learned to tell stories through movement in college, guided by mentors. Lean started in jazz and contemporary, then added inspiration from choreographers he discovered online. Their paths were different, but they met in one place: authenticity. When their ideas come together, it creates something unique—raw but intentional.



AndFriends didn't start with a big vision. It actually came together during the pandemic, when their separate groups merged just to keep dancing. It naturally grew into something more solid, while still keeping that same open and collaborative vibe. Even now, the group isn't super rigid. Members help organize, contribute ideas, and grow in their own way.

Their creative process? Expect the unexpected. In fact, a lot of their concepts come in late. Sometimes just weeks or even days before a competition. They'll build a piece, scrap it, change the story, then rebuild it again until it feels right. Whether it's a wedding-inspired piece or something as heavy as domestic violence, their work always finds its way back to real-life experiences—either their own or stories they see around them. For them, the real win is when a performance hits—when the audience feels something.

And then there's the heart of it all. The people of AndFriends. Despite different schedules and professions, they still show up ready. No complaints, just trust in the process. Everyone brings something different to the table, and that mix of personalities and skills is what makes the group strong. It's not just about being in sync—it's about growing together.

At its core, AndFriends is about going beyond borders—of style, structure, and expectations. It's about trusting the process, staying open, and creating from a place that's real. Because at the end of the day, it's not just about the steps. It's about the story, the feeling, and the truth behind every move.





The Creative Floor:

Unhinged by Joseph Tumbali Jr.

Photo
Michael Perfecto

Joseph Tumbali Jr. would be dance's genius and soul if it had a brain and a heart. A senior choreographer at TPM, Joseph has been dancing for over 10 years—and choreographing since 2015. From jazz and ballet to house, popping, and freestyle, he's tried it all.

But what really shaped him? The people around him—especially his mentor, Adam Alonzo, who guided him for nine years.

"It's the people and the environment around you that make you who you are," Joseph says. And he's bringing that philosophy straight to students through his Unhinged Intensive Program.

4 Weeks. Mind. Body. Heart. The Unhinged Intensive isn't just a dance class. It's a total transformation. Over four weeks, Joseph pushes students to explore.

Week 1: Mind – 5km runs, drills, and brain-busting choreography. Joseph asks, "How badly do you want this?"

Week 2: Body – Learn to listen to your muscles, avoid injury, and push past limits without breaking yourself.

Week 3: Heart – Connect your goals with your passions. Dance with purpose, not just moves.

Week 4: Showcase – Teams form based on personality, not skill. Perform for friends and family and feel the growth.

With add in lectures, journaling, and real-life lessons, and suddenly "intensives" feels more like a full-on life bootcamp.

His secret? A safe but challenging space, with a "50-50 rule": 50% structure, 50% freedom to experiment. He encourages dancers to trust themselves, take risks, and embrace the messy first draft.

Joining Unhinged is a risk. Performing is a reward. But the real magic? Students discover their artistic identity, learn to move with purpose, and pick up lessons that stick far beyond the studio. ***"It won't be easy, but it's fun!"*** Joseph promises. ***"Stick to your promise, trust the process, and enjoy the ride."***

So, if you're ready to unleash your mind, body, and heart, Joseph Tumbali Jr.'s Unhinged Intensive is calling. And trust the process—your dance game will never be the same.

ZERO STUDIOS

QC Branch:

3rd Floor, A&A Building, 37 Scout Borromeo St, Diliman, Quezon City, 1103 Metro Manila, Philippines

Mandaluyong Branch:

Level 2, Greenfield Tower, 14 Williams St., Mandaluyong City, Metro Manila, Philippines

ZERO Studios is known for their motto, “*Growing or Nothing.*” What started as a single branch in Quezon City has now grown into a rising creative space with their second branch in Mandaluyong City. With passion, persistence, and a commitment to continuous improvement, ZERO Studios has built a reputation as a place where ideas are developed, talents are nurtured, and creativity thrives.

The heart of ZERO Studios is the belief that growth is a constant process. With every project, collaboration, and milestone, ZERO Studios continues to move forward—true to their philosophy, To grow, evolve, and never settle.

THE PLAYGROUND STUDIOS

103 Corazon De Jesus, Manila, Metro Manila, Philippines

The Playground Studios is the newest dance studio in Metro Manila located in San Juan City. It serves as both a dance studio and a vibrant community space for dancers and creatives. The studio hosts social dance activities, rehearsals, practice sessions, gatherings, and dance classes, providing opportunities for dancers of all levels to develop their skills and connect with others.

Its welcoming and dynamic environment encourages the growth of a supportive dance community, making it a space for emerging talent and enthusiasts who want to train, perform, and engage with the local dance scene.

THE LOCAL SPOTLIGHT

A Guide to Dance Studios

THE DIO OP

studios in the Metro

NUDE FLOOR

103 Corazon De Jesus, Manila, Metro Manila, Philippines

Nude Floor is a multidisciplinary dance studio and creative space located in Makati City. The studio serves as a space for dancers, choreographers, and artists who want to explore movement and artistic expression in a collaborative environment. Nude Floor offers a variety of classes including hip-hop, house, dancehall, vogue, contemporary dance, and yoga, welcoming both beginners and professional dancers.

Beyond regular classes, the studio also hosts workshops, performances, and creative events. Through these activities, Nude Floor has become one of the active creative spaces supporting the growth of dance and contemporary art culture in Metro Manila.

BAWZ COMPLEX

*21 G, Col. Bonny Serrano Avenue, Quezon City, 1111
Metro Manila, Philippines*

Bawz Complex is a dance studio and a creative space home to BAWZ PH, a group of Filipino choreographers and dancers active in the local and international dance scene. The team has gained recognition after winning international competitions such as the Summer Jam Showcase Competition, representing the Philippines and showcasing the strength of Filipino street dance talent on the global stage.

BAWZ Complex serves as a community-centered dance space where cultures connect and communities grow. Through its classes, events, and collaborations, BAWZ Complex continues to support the growth of the local dance scene by providing a space where dancers can learn, perform, and build a strong creative community.



LOCAL

A-TEAM

ATEAM is one of pioneer elite hip-hop dance crews in the Philippines and widely recognized for bringing the country onto the global stage. They are known for their “mega-crew” performances. A combination of powerful choreography, tight synchronization, and strong team dynamics.

Their most notable achievement came in 2014, when they were crowned World Champions in the MegaCrew Division at the World Hip Hop Dance Championship. This victory marked a turning point for Philippine dance, proving that Filipino crews could compete—and win—at the highest level.

ATEAM represents excellence, discipline, and unity. Their legacy continues to inspire new generations of dancers to push boundaries and strive for world-class performance.

BAWZ

BAWZ PH is a rising dance collective known for its strong presence in choreography, performance, and creative direction. The group has built a name through dynamic routines that blend urban hip-hop styles with storytelling and musicality.

Despite being part of the newer generation of dance teams, BAWZ PH has already gained international recognition, including winning the Summer Jam Showcase Competition in Vietnam in 2024. Their work often extends beyond competitions, contributing to workshops, training, and the broader dance community.

BAWZ PH thrives on creativity and collaboration. With a focus on innovation and expression, they continue to grow as a collective that shapes modern Filipino dance culture.



LEGENDS

A Showcase of Our Repping Dance Teams

UPEEPZ

UPEEPZ is one of the most globally recognized dance teams in the Philippines and has established a dominant force in international dance competitions.

The team has won multiple World Hip Hop Dance Competitions titles in 2016, 2017, and 2024. Their performances are characterized by intricate formations, strong storytelling, and a high level of synchronization that sets them apart on the global stage.

UPEEPZ continues to represent the Philippines with pride. Their commitment to growth and innovation keeps them at the forefront of the global dance scene.

LEGIT STATUS

Legit Status is a dance team known for their strong stage presence. Their breakthrough moment came in 2023 when they won the World Hip Hop International Dance Competition MegaCrew Division. Prior to this, the team consistently placed in various international competitions

Legit Status embodies passion, grit, and determination. Through relentless training and commitment, they continue to push the limits and inspire more dancers.

ASPIRE TO INSPIRE



RE

From dancer to choreographer:
Meet four creatives sharing their journeys,
ideas, and the passion fueling their first
steps into choreography.

RE

@777kalesalads

KAYE SALCEDO



AGE: 23
AFFILIATIONS: Daloy Dance Company, KOMPLEX, Shady Gang
CHOREOGRAPHIC STYLE: A fusion of contemporary and hiphop background, incorporating a lot of flow.

“To make my stories come to life in the form of dance.”

THE FIRSTS

The first opportunity to choreograph:

For my dance community in Dipolog City, when our founder assigned us to choreograph a piece and teach it to the community, after we had our lectures on choreography and dance.

The feeling of the first time seeing other people perform my choreography:

It felt really interesting and exciting for me to have my movements be interpreted in different bodies.

ON GROWTH

Biggest Lesson

Just allow things to happen and not overthink it too much. I was always worried about what people might think of my choreography, or if my choreography ticked all the boxes of the technicalities I've learned from lectures, and that would hinder me so much from just exploring, surprising myself, and allowing my creative freedom to come out.

Biggest Challenge

My confidence, or lack thereof. Sometimes I do not have enough confidence to create, to share, or to even act on ideas in my head. It is still a work in progress and I am currently trying to take action and really just put a lot of trust in the process, in myself, and in my dancers.

Handling Creative Blocks

I have learned that when things get too overwhelming, it is best for me to step back and rest my body and brain. Oftentimes I find my inspiration comes back when I feel more relaxed and when I am back in a good headspace.

MY CREATIVE PROCESS

- 01** Build a concept (research, movement study) / find a focus for technique.
- 02** Browse and choose a song.
- 03** Envision steps before translating to body.
- 04** Continue body exploration based on the concept / focus.

REFLECTION

What motivates you to keep creating and improving as a choreographer?

I am just starting out creating more recently and I am motivated a lot by my coaches and my fellow dancers. I am also excited to actually take actions to turn more ideas into physical manifestations.

What advice would you give to dancers who want to start choreographing?

Stay true to yourself! Your art is yours so try to channel a lot from within (your soul). Create more for yourself and for the people who will experience the process. Magic will always come out when you create from a place of trust and love for the craft rather than creating for external validation.

@adlei.mayor

ADLEI MAYOR



AGE: 23
AFFILIATIONS: TPM
CHOREOGRAPHIC STYLE: Consisting of fast changes of textures, wordplay, and fast footwork.

“My favorite form of expression is dancing, so I express myself visually by dancing..”

THE FIRSTS

The first opportunity to choreograph:

For company training for my old group, Made 2 Dance (M2D). The director asked me to share what I learned throughout my dance career and share with the team by creating a choreography to a song of my choice.

The feeling of the first time seeing other people perform my choreography:

Seeing my choreography performed by others was tremendously fulfilling. It validated my efforts and knowledge, confirming that people were learning from me. As inspiring dancers has always been my goal, seeing them dance my work meant the world to me.

ON GROWTH

Biggest Lesson

I shouldn't overthink. I should always believe in myself that this is the move that fits the song and vibe. I should not overthink it but just do.

Biggest Challenge

Innovating new moves. I aspire to continuously evolve when it comes to dance, but so far it feels like I've been stagnant when it comes to choreographing.

Handling Creative Blocks

I take a break. I sleep, I eat, and I try not to think about it until I get another lightbulb moment. Pressure also helps. Teaching while creating new choreography to others pushes me to think faster and evolve.

MY CREATIVE PROCESS

01

Intensively listen to the music (learn instrumental patterns, vocals, overall vibe)

02

Map out specific parts to choreograph to

03

Visualize movements that fit the sounds

04

Try movements physically to see if they are viable and feel good

REFLECTION

What motivates you to keep creating and improving as a choreographer?

My dream. Choreographing has been my lifelong dream since I was a child, which I now strive to realize and use to inspire others. Seeing people enjoy dancing my routines brings me immense fulfillment and happiness.

What advice would you give to dancers who want to start choreographing?

Just do it. Nothing will happen if you don't start anything. Change is a choice.

@linkrude

JAN CELIS



AGE: 27
AFFILIATIONS: KOMPLEX, DN8
CHOREOGRAPHIC STYLE: Open style

“Over time, choreography became more than just practice for me; it became a way to release my emotions and express myself.”

THE FIRSTS

The first opportunity to choreograph:

My first choreography attempt was to H.E.R.'s "Wrong Places," primarily to test my counting and because I was drawn to the song's melody and musicality. I practiced it alone in a gym late at night, doing it purely for myself.

The feeling of the first time seeing other people perform my choreography:

Seeing my choreography performed by others filled my heart with pure joy, it was a whole new level of happiness.

ON GROWTH

Biggest Lesson

You must fall in love with your work first, before anyone else can truly appreciate it.

Biggest Challenge

Self-doubt. Questioning whether your work is any good, or if people will even appreciate it. But, as I said, you have to value and appreciate your own art before anyone else can.

Handling Creative Blocks

I take a break and let myself rest, returning later with fresh, new ideas.

MY CREATIVE PROCESS

01

Pay attention to vocals, musicality, and instrumentals.

02

Choose which part of the song to work on

03

Decide movement style: fast, slow, or both

04

Draft highlights of the piece

05

Develop choreography with smaller details naturally following

REFLECTION

What motivates you to keep creating and improving as a choreographer?

It is my love and passion for dance that inspires me to keep choreographing and constantly seek growth.

What advice would you give to dancers who want to start choreographing?

Just start.

@_vncsaint

VINCE ABROGAR



AGE: 20
AFFILIATIONS: DN8, Queen's Dance Studio, A428 Studio
CHOREOGRAPHIC STYLE: A sketchbook of different movement and styles.

“Dance became a way for me to challenge myself, find my own style, and slowly grow into the artist I want to be.”

THE FIRSTS

The first opportunity to choreograph:

In 2019 after joining an outside-school dance group founded by my coach, who encouraged me to audition with a short routine. Though initially hesitant about creating choreography, the guidance of my coach and dance friends helped me complete my first piece.

The feeling of the first time seeing other people perform my choreography:

Fulfilling, knowing that my movements and ideas are being brought to life by other dancers. It constantly reminds me why I love creating and motivates me to improve as a choreographer.

ON GROWTH

Biggest Lesson

The biggest lesson I learned from my first choreographing experience was how much trust and support can make a difference.

Biggest Challenge

Figuring out who I am as a dancer. This process of self-discovery is challenging, but it's also what drives me to keep experimenting and growing as a choreographer.

Handling Creative Blocks

I try not to force it and just give myself a little space. I'll listen to different songs, watch other dancers, or even just move around freely without worrying about anything—sometimes ideas just come when I least expect them. It's really about being patient with myself and letting creativity come naturally.

MY CREATIVE PROCESS

- 01** Listen and choose music I connect with
- 02** Create concept to guide the overall feel of the choreography
- 03** Focus on highlights while building the choreo
- 04** Add transitional movement to connect the piece from start to finish

REFLECTION

What motivates you to keep creating and improving as a choreographer?

I'm motivated to choreograph by the joy of seeing my ideas realized and the self-expression dance offers. It's inspiring and rewarding to watch dancers bring their energy to my work. I'm also driven by the desire to discover my style, push my artistic limits, and continually grow; each new piece is a chance to learn and experiment.

What advice would you give to dancers who want to start choreographing?

Just start, even messy and small; don't fear mistakes—that's how you grow. Experiment with music and movement, letting your style emerge. Seek feedback, but primarily, trust yourself and enjoy the process. Each creation builds your choreographic identity.

((rave)) late

Can't think of music to choreograph to? We got you. Dive into REVELATE's curated playlists, organized by vibe to match your mood and movement.

Scan the QR codes to listen to a lineup of vibe-worthy tracks to get you moving, spark ideas, and carry your choreography from first count to final hit.



TOO SMOOTH

A graphic for the 'TOO SMOOTH' playlist. It features a black background with a diagonal split of red and orange. A white QR code is positioned in the upper right, and a stylized logo of two overlapping circles is in the upper left. A white rectangular box is located below the QR code.



MOOD MOTIONS

A graphic for the 'MOOD MOTIONS' playlist. It features a dark blue background with a semi-circular gradient of purple, pink, and orange. A white QR code is positioned in the upper right, and a stylized logo of two overlapping circles is in the upper left. A white rectangular box is located below the QR code.



CLASSIC GROOVES

A graphic for the 'CLASSIC GROOVES' playlist. It features a black background with a circular gradient of blue, green, and yellow. A white QR code is positioned in the upper right, and a stylized logo of two overlapping circles is in the upper left. A white rectangular box is located below the QR code.

groove grid

Don't know where to start or what else to do?

Here's a playful bingo-style challenge filled with prompts to spark ideas, push your creativity, and get you moving in new ways.

Make your mark, and move!

<p>Freestyle to a song before choreographing</p> 	<p>Choreograph to an unfamiliar song</p>	<p>Choreograph to a trendy song</p>	<p>Try a new style</p>	<p>Freestyle with your eyes closed</p>
<p>Choreograph using only upper body</p>	<p>Dance without using arms</p>	<p>Use a random object as a prop</p>	<p>Choreograph to a song you dislike</p>	<p>Use only slow, controlled movements</p>
<p>Choreograph in complete silence first</p>	<p>Base movement on a specific emotion</p>	<p>Use only footwork for 8 counts</p>	<p>Switch styles halfway through</p>	<p>Limit yourself to one level (floor / standing)</p>
<p>Start with a single gesture and build from it</p>	<p>Choreograph to a song in another language</p>	<p>Collaborate and alternate 8-counts</p>	<p>Take inspiration from everyday actions</p>	<p>Use only sharp, staccato movements</p> 
<p>Use only fluid, continuous movements</p>	<p>Choreograph using only straight lines</p>	<p>Start your choreography from the floor</p>	<p>Choreograph to an instrumental track</p>	<p>Choreograph around a single word/vv</p>



ENDORPHIN HIGH!

Movement as a Mood Booster and Brain Workout

Dancers and choreographers often say that movement makes them feel good. It turns out, that feeling is backed by science. While dancing is a form of expression or release, it also creates real, measurable changes in the brain and body.

When you move to music, your brain lights up in what neuroscientists call a “neurochemical symphony.” Anticipating music releases dopamine, boosting motivation and pleasure. Physical movement triggers endorphins, the body’s natural “feel-good” chemicals that help reduce pain, stress, and anxiety.

Dancing with others also increases oxytocin, strengthening social connection and trust. Together, these responses elevate mood, improve emotional regulation, and leave you feeling more energized and uplifted.

Beyond mood, dancing also challenges the brain in powerful ways. It activates multiple regions at once: the motor cortex for movement control, the somatosensory cortex for coordination, the basal ganglia for smooth execution, and the cerebellum for balance and precision. This full-brain engagement helps improve memory, sharpen focus, and build new neural connections, especially in areas linked to learning and spatial awareness.

All in all, dancing is both a mood boost and a brain workout for dancers and choreographers, making them feel good and think sharper.



THE CREATIVE BALANCE

Finding Balance in Nurturing Wellness and Work

Choreographers pour both mind and body into every piece they create—but taking care of themselves is just as important as the work itself. Staying balanced, both mentally and physically, is key to sustaining creativity.

In an interview, neurologist and psychiatrist Dr. Poblete highlights how mental well-being plays a crucial role in creative work. One of the biggest challenges choreographers face is hitting mental and creative blocks. While the brain is naturally capable of being productive, the quality of output depends on how well it's cared for and managed.

“Every person needs good sleep, nutrition, and exercise to function well—this is the foundation,” Dr. Poblete explains. ***“Balancing work and rest is essential to maximize creativity.”***

He adds that being in the right environment and mindset can spark ideas more easily, which is why inspiration often comes after rest, meditation, or even a simple break.

It's common for choreographers to experience creative fatigue, pressure to outdo past work, perfectionism, and self-doubt—factors that can lead to burnout and a loss of purpose. To overcome this, Dr. Poblete emphasizes the need to restore balance: adapt, reset, and identify the conditions where creativity flows best. From there, the work can begin again with clarity and intention.

MOVING SMART!

A Warm-Up and Cooldown Guide

Different styles, techniques, and skills are key in choreography. But before you hit the counts, your body needs to be ready too. Prepping with a good warm-up and winding down after keeps you moving better and safer.

Here's a go-to list of exercises to get you started before and after your choreo sesh!

WARM-UP

Get your body moving and your muscles awake! A good warmup loosens joints, increases blood flow, and primes your energy so every move feels smoother and stronger.

NECK TURNS AND ROTATIONS

Turn your head up, down, left, and right, then rotate clockwise and counterclockwise. Perform each movement for 8 counts to gently loosen the neck and release tension.

SHOULDER ROLLS

Turn your head up, down, left, and right, then rotate clockwise and counterclockwise. Perform each movement for 8 counts to prepare for bigger, more dynamic movements.

ARM STRETCHES

Stretch your arms sideways on both sides, holding each for 8 counts to lengthen the muscles and improve flexibility.

HIP ISOLATIONS

Move your hips up, down, left, and right, then rotate clockwise and counterclockwise. Perform each movement for 8 counts, activating the core and hips to improve control, balance, and fluidity in your movement.

SQUAT STRETCHES AND LUNGES

Perform squat stretches and lunges on both sides to open up the hips and activate the legs, building strength and stability for movement.

STANDING LEG CIRCLES

Lift one leg with a bent knee and swing it forward and backward. Perform each direction on each leg for 8 counts to improve hip mobility and balance.

ANKLE CIRCLES

Press your feet firmly into the ground, then rotate your ankles clockwise and counterclockwise. Loosen the ankles and feet to prevent strain and support smooth, grounded movement.

COOLDOWN

Slow things down and help your body recover. A proper cooldown relaxes your muscles, eases tension, and brings your heart rate back down, leaving you calm, relaxed, and fully recovered.

NECK STRETCHES

Shake off neck tension just like in your warmup, slow, gentle, and perfect for cooling your body down.

CHILD'S POSE

Come onto all fours and sink your hips back onto your heels. Reach your arms forward and let your head relax, feeling your back, shoulders, and hips unwind after all that dancing.

CAT-COW

Ease tension and get your spine moving, starting on hands and knees with a flat back. Arch your back up, tuck your chin to your chest (cat), then drop your belly, lift your head and tailbone (cow). Flow slowly between the two, feeling your back wake up and unwind.

DOWNWARD DOG

Shake out your calves, hamstrings, glutes, and back after dancing. Tuck your toes, lift your hips, let your head hang, and press your chest toward your knees. Hold, breathe, and pedal your feet for a little extra stretch.

SPINAL TWIST

Loosen up your back and core with a gentle twist. Sit tall with legs extended, cross one foot over the other, hug your knee, and rotate toward it. Swap sides and flow into the stretch.





COUNT ZERO

Watch at thisisrevelate.com

