



## Dance & Theatre Background

On today's issue I would like to talk about Ginger Rogers (1911-1995). Ginger Rogers was an American dancer, actress and singer, most famously known for performing in films and RKO's musical films. In these films she was partnered with Fred Astaire, which made them a very well-known pair. Rogers appeared on stage, as well as on radio and television, through out much of the 1920's. Her entertainment career quickly started one night when a travelling vaudeville act came to her town in need of a quick stand-in which she was able to fill. She then went on to enter a Charleston dance contest and won, which allowed her to tour for six months. She then started her own vaudeville act which travelled places such as New York City. The show which boosted her career in dance and musicals was just at age 19 where she was cast in "Girl Crazy", which was a great success and made her name well known.

## Channel STUDIO today.

Level One: Part Two - "Feels Like Home"  
Level Two: Part Two - "Sussudio"  
Level Three: Part Two - "I Gotta Feeling"  
Messy Backcombed Bunches  
Thigh Strengthening Exercise

[studio.youtube.com](https://www.youtube.com/channel/UC...)

"Alexa,  
play: Superstar by Jamelia  
please"

## Healthy Thinking

Something really important to keep in mind when you are exercising or working out is to be aware of your body and know your limits. We know that sometimes people like to push themselves when either exercising and/or stretching but we must make sure not to work past your limits as this can result in injury. For example, when stretching you do need to push yourselves a little bit to be able to improve however we must do this gradually and not force ourselves to do things that our body is not ready for. The key to flexibility is slowly and regularly; you must work hard over multiple days, weeks or even months, this will not just come in one day. When exercising it is also good to notice when something doesn't feel right, it is good to feel a stretch or pull, but it shouldn't ever be painful.



## Introducing our TS.09 musicians

We are incredibly grateful to local artist: Nikki Vellacott for use of her music for our youtube channel. Nikki is a singer/songwriter based in the UK. In 2012 her first performance took place in Disneyland Paris. From this she was scouted and then became a singer for the Royal Navy band. She is mainly an acoustic performer with infusions of gospel and blues. She is highly influenced by Aretha Franklin and Adele. Nikki is also regularly involved with many amateur performance societies, for example Yeovil Youth Theatre, Somerset County Youth Choir, Somerset County Youth Show Choir, Exeter Police Hospital Players and Wincanton Youth Theatre. You can enjoy more about Nikki's music here: <https://instagram.com/nikvellacott?igshid=t1egnb3y1282> <https://soundcloud.com/user-762217629/the-top>

## This Weeks Comp! Win A STUDIO T Shirt!

A quick 20 question quiz based on the TS.09 issues, videos, and tutorials. Download a copy from our website and email your answers to: [office@thestudiodorset.com](mailto:office@thestudiodorset.com) by the end of Sunday.  
GOOD LUCK!