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ASHLEY HEBERT: DANCING

Dance 101 with Bachelorette Ashley

LINDSAY ROSEMAN



Whether you're a dancing diva or more of a dancing fool, everyone could use a little help brushing up their boogie skills. This season's *The Bachelorette*, Ashley Hebert, stays in shape by teaching and practicing dance, and she's weaved that passion (and cardio workout!) into countless dates on the show. Here's her advice for feeling confident, looking sexy, and burning some serious cals while getting your groove on.

The bachelorette's Advice For...

Looking sexy and sure of yourself dancing at a club without overdoing it

AH: My advice would be to put on a hot, yet comfortable outfit and practice a few go-to dance moves that make you feel confident. If you're still feeling silly, do your best not to show it! As time passes, you'll become more comfortable and the insecurities will just fade away. Remember, dancing should be fun. Don't take it too seriously!

Making your shy guy feel good about himself on the dance floor

AH: The reason most guys don't want to dance is because they are nervous that they may look "dumb" or make a fool of themselves. Tell him how much you would love to dance with him, then maybe plan a date night in with music and a fake dance floor and see what you guys can do in the privacy of your own place. The more comfortable he gets, the more likely he would be willing to take it public.

Finding the best dance workout class at the gym

AH: I teach ballet, jazz and hip-hop and all these classes do something very different for your body. Ballet uses the barre as well as exercises that strengthen your core [it's one of the best [ab workouts for women](#)], balance, and flexibility. I am a firm believer that ballet is the foundation to all forms of dance because you really learn how to carry yourself and focus on strengthening from deep within your muscles. Hip-hop on the other hand is a mixture of coordination, strength, and cardio. I always notice a huge change in my body fat content once I start teaching hip-hop classes because you have the ability to burn a lot of calories in every class. Jazz is a mixture of both benefits. It works your core strength deep within your muscles and increases flexibility, while still offering a "workout" if coordinated with high-energy choreography. If you're looking for more of a workout, I would suggest a hip-hop class, but if you're looking to strengthen and even tone, I would suggest ballet or jazz.

Improving your skills while having fun with your guy

AH: I would definitely suggest taking ballroom dancing classes together. It's a good way to strengthen your relationship, have fun, and also work on dancing together. Whether your goal is to dance together at weddings, or go out dancing at a club, these classes will allow you to feel comfortable moving together. I truly believe that good dancers are the ones that have confidence and have a great time. Practice in your living room with your guy and the more comfortable you get, the better you guys will become!

Dancing in heels without breaking an ankle

AH: My first piece of advice would be to practice walking in heels to get comfortable before taking them out for a spin. I would also suggest finding a pair with a wider heel to allow for better balance and less chance of a mishap. If you want to avoid moving your feet while tearing up the dance floor, focus on hip movement and modest arm gestures. A combination of that and a smile is all you need!

Catching the eye of a hot guy out on the floor

AH: Confidence and an overall sense that you are having a good time are the two things that always catch a guy's attention, both in life and on the dance floor.

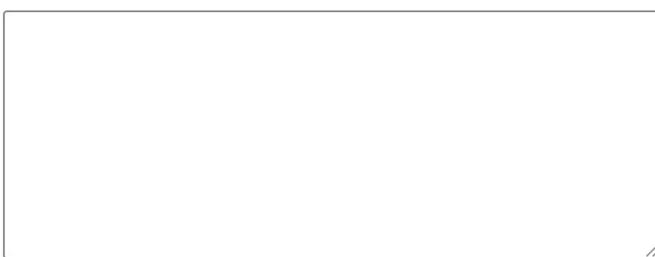
Kick it up a notch and try these [sexy dance tips](#) with your guy.

Tags: [Bachelorette](#), [Ashley Hebert](#)

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