

Moving your way to a happier, healthier you – 1st October 2021

KAREN FOLEY: Hello, and welcome back to Student Hub Live. Well, in this next section, we're going to be doing some movement and dancing. And I'm really excited about this. We've been asking you how you're feeling at home, and you've said lots of wonderful things. Some of you are still feeling a little bit nervous and anxious, but on the whole you're feeling really excited, so let's see the results of some of the things that you put into our word cloud when we asked how you were feeling.

So here we can see, we've got happy and hopeful and confident, but some people are feeling a bit daunted, need funding, so make the most of our colleagues in the chat who are here to answer any questions you've got. While we want to have fun, we don't want any niggles interrupting your ability to focus on, on some of the exciting things ahead for your studies.

So we've also been asking you to fill in our map. Let's take a look and see where everybody is, apart from in their lounges or homes watching us. We've got people from all over the place. And I'm very pleased that there are no people from the other category today, because we've been having those appear and we haven't quite got to the bottom of where those spaces are.

So, I have the most exciting guest here for you today, who is Rosaria Gracia, who is a political scientist and sociologist and an associate lecturer working in three faculties. In the faculty of arts and social sciences, STEM, science, technology, engineering and mathematics, and well-being, education, language and sport. But most importantly, she is a dance movement facilitator. And at a previous Student Hub Live event we got her to come along and show us some moves, and we all had such great fun that we thought we must do it again. And so here we are. Rosaria, thank you for coming along. What have you got lined up for us?

ROSARIA GRACIA: Thank you for inviting me, and great to be here. So today we have a combination of everything. And the key is A, look at around you. Just ensure that you've got enough space. I know that some people have been saying that they have been having [INAUDIBLE] whatever, just really be mindful, particularly when we go and do spins and that sort of thing, OK? So just be relaxed, enjoy.

I'm going to suggest some moves, and you're very welcome to actually following them or actually do your own thing. So it's about having fun and sharing this moment together. So I've got different styles. But I think we can just start with something to see, you know, to test the waters. Does it sound right?

KAREN FOLEY: Perfect. And we've got some lovely dancers here today as well. HJ is joining in. We've got Angela and Andrew in the studio, and Vanessa and her lovely daughter Eva, who are also dancing, and Patrice who's coming along to join us with the quiz. So we're all going to do our different styles, and at home, you join in too.

ROSARIA GRACIA: Fantastic. So Andrew, whenever you're ready, here we go.

[MUSIC PLAYING]

So it's soft, that's soft.

SINGER: (SINGING) Sitting in my bedroom, there is a silence, wonder if the fire's burning low, low low.

ROSARIA GRACIA: Good.

SINGER: (SINGING) Overcomplicated.

ROSARIA GRACIA: Oh, HJ, I like what you're doing. I think I'm going to copy that in a minute.

SINGER: (SINGING) It was nothing, I should let it go, let it go.

ROSARIA GRACIA: Here we go.

SINGER: (SINGING) You don't ever say what you're thinking, do you, do you? Leaving me to figure out on my own. Do you, do you?

ROSARIA GRACIA: Hands back, imagine you've got a balloon behind you.

SINGER: (SINGING) Now we're getting cut up in the middle, shouldn't be hard to love. It was so beautiful
-

ROSARIA GRACIA: Slide.

SINGER: (SINGING) Why don't we take it back to yesterday?

ROSARIA GRACIA: Good. And walking. Back.

SINGER: (SINGING) Nothing but me and you.

ROSARIA GRACIA: [INAUDIBLE].

SINGER: (SINGING) Baby, is it all in my head. There's never a doubt I love you now, love ya like the day that we met.

ROSARIA GRACIA: - your shoulders -

SINGER: (SINGING) - way to rewind I'll do it 'cause I want to, want to go back to yesterday.

ROSARIA GRACIA: Then legs and out.

SINGER: (SINGING) - I met someone yesterday.

ROSARIA GRACIA: Very nice.

SINGER: (SINGING) Looking at our memories, flicking through my phone. See your face in every single photo, you know it makes me feel so good.

ROSARIA GRACIA: Good, and round and round.

SINGER: (SINGING) Are we done? I don't want to be the only one, getting caught up in the middle, shouldn't be hard to love.

ROSARIA GRACIA: [INAUDIBLE]

SINGER: (SINGING) So beautiful, why, why don't we take it back to yesterday?

ROSARIA GRACIA: Nice. Chest.

SINGER: (SINGING) We live the moments in time, we're nothing better, nothing but me and you.

ROSARIA GRACIA: Big arch.

SINGER: (SINGING) We keep running around, messing about, baby, if it's all in my head. There's never a doubt I love you now, love ya like the day that we met.

ROSARIA GRACIA: [INAUDIBLE] sure to smile.

SINGER: (SINGING) - the way to rewind, I'll do it 'cause I want to, want to go back to yesterday.

ROSARIA GRACIA: Shoulders, and.

SINGER: (SINGING) Sit and reminisce on my yesterday.

ROSARIA GRACIA: Breathe in. Scoop it.

SINGER: (SINGING) Memories of you and I.

ROSARIA GRACIA: Up.

SINGER: (SINGING) Sit and reminisce on my yesterday.

ROSARIA GRACIA: Very nice.

SINGER: (SINGING) - waiting for you. It was so beautiful, why, why don't we take it back to yesterday.

ROSARIA GRACIA: Soft knees, here we go.

SINGER: (SINGING) - moments in time we're nothing better, nothing but me and you.

ROSARIA GRACIA: Upper body, soft. Down. Here we go, here we go, here we go. And up.

SINGER: (SINGING) Like the day that we met.

ROSARIA GRACIA: Very nice. And shoulders.

SINGER: (SINGING) I'll do it 'cause I want to, want to go back to yesterday.

ROSARIA GRACIA: Oh, awesome. Well done, everybody. Fantastic.

KAREN FOLEY: That was fab. I'm beginning to wish I hadn't eaten so much.

[LAUGHTER]

ROSARIA GRACIA: So we are going to take it up a notch and we are going to do a little bit of kind of Charleston, jive-y style. The key is very soft knees. You don't need to keep your knees bent all the time, but soft. So you can do the swivel. We are in strictly kind of season, so really pay attention to all those steps. And when we are doing the Charleston basic step forward together, back together. You can do the swivel if you have soft knees, and you take them out a little and forward, and back, and centre. So it's that kind of thing.

Always use your arms. It looks good, but it's also really nice for the balance, OK? So that's the thing I'm going to tell you. So Andrew, take it away.

[MUSIC PLAYING]

Your shoulders. And up. Other side. And

SINGER: (SINGING) - fine, so fine, you're mine, you're all mine.

ROSARIA GRACIA: Alternating shoulders.

SINGER: (SINGING) I don't watch, don't watch, don't watch the clock, you're running out of time.

ROSARIA GRACIA: Teapot and go.

SINGER: (SINGING) I want my head to explode with a rush of blood, so hot, hot hot, so hot, hot, I'm going out of my mind.

ROSARIA GRACIA: Charleston, and.

Good.

Pushing up, and.

SINGER: (SINGING) You're sweet honey. You're fine, so fine.

ROSARIA GRACIA: Nice.

SINGER: (SINGING) You're all mine.

ROSARIA GRACIA: Deep legs and out, out.

SINGER: (SINGING) You're fine, so fine. You're mine, you're all mine.

ROSARIA GRACIA: Soft knees, and.

Good. Go round.

SINGER: (SINGING) Dance round and round and round my clock.

ROSARIA GRACIA: Breathe, breathe, breathe. Change leg, and.

SINGER: (SINGING) - head blow off. I can hold my breath, but not long enough. So hot, hot, hot, so hot, hot.

ROSARIA GRACIA: Brilliant.

SINGER: (SINGING) I'm going out of my mind.

ROSARIA GRACIA: Hands on the hips. The world and around and around and around, and the other way.

Walking forward, and. And back. Forward.

SINGER: (SINGING) You're mine, you're all mine.

ROSARIA GRACIA: Feet flexed.

SINGER: (SINGING) I love, love you. You're fine, so fine. You're mine, you're all mine.

ROSARIA GRACIA: Charleston, here we go, and.

SINGER: (SINGING) You're all mine. You're all mine.

ROSARIA GRACIA: Change, left foot, and - And if you want to go around. Teapot. Change. Hand, hand, then world. Turn around. The other way.

Walking forward, and. And back.

SINGER: (SINGING) You're fine, so fine. You're mine, you're all mine. You're tickety-boo. I love, love you.

ROSARIA GRACIA: And one for the road. Charleston. You can do it as high and as low as you want to.

SINGER: (SINGING) You're mine, you're all mine.

ROSARIA GRACIA: Change step foot, and.

SINGER: (SINGING) I love, love you. You're fine, so fine. You're mine, you're all mine.

ROSARIA GRACIA: Pushing up. and.

Beautiful. How good. Excellent. Well done.

KAREN FOLEY: Excellent.

ROSARIA GRACIA: Well done. Lovely. Do we have time for one more, Karen?

KAREN FOLEY: Yes I think we do. HJ, is everyone enjoying at home?

HJ: We're definitely enjoying at home.

[LAUGHS]

We've got - getting our moves on, which is very good to see. I'm getting some compliments for my dancing, which I appreciate, because usually I am asked not to dance rather than the other way round. So we're all doing well in the chat. And I think it's definitely getting our moods up, to get moving.

KAREN FOLEY: Brilliant. Excellent. Let's do one more, Rosaria.

ROSARIA GRACIA: So let's go for a bit of a Latin number. And we are going to calm down a little bit. So Andrew, whenever you're ready.

[MUSIC PLAYING]

So just marking it, soft knees, a bit of a hip. Good. And open, centre. Out, centre. Out.

Leg back, and.

Centre two, and. Little bit of reggaeton styling.

And.

Circle with the hip, and.

Carry on with the phrase, carry on, now we change now, and.

Nice. Hold it, shoulders up, and.

And two, and.

Nice. One leg forward, and. Change, and.

Good, and. Ticking along, and. The other side, relax the jaw.

And around.

Hold, hold, Yeah.

Really nice. That's it, and shoulders.

Leg forward, and back, two, three. Let's go round. Change foot, and. Two, three, and around. Good.

The other way. With a broom and. Nice. Change. Centre, rhythm to the side, and.

Nice. Leg back. Breathe in.

Beautiful. Well done, everybody. Nice pose, HJ. That was awesome.

KAREN FOLEY: Oh, that was so much fun. Thank you so much, Rosaria. HJ, how's -

ROSARIA GRACIA: Thank you.

KAREN FOLEY: - everyone found that at home? I assume we've all gone off our laptops and now we can talk about how we found it. What's been the feedback from that?

HJ: Well I'm still getting more support for my dancing, and - oh no, Natasha said that's my best dad dancing. I'm not ready for that yet.

[LAUGHS]

Nicola's joining me with some chair dancing as well, which is always good, still moving like me. Klaus is loving this so much. And Lindell says that Andrew in the studio is winning in this chair dance, but I might have something to say about that. And Karen also compliments you, Karen, another great Karen is a great dancer. And David has no rhythm and made peace with that a long time ago. But that doesn't mean you can't have a crack at it. I can't say I've got any rhythm whatsoever.

And Samantha's hubby once cleared the floor with his dancing, so it brought back that memory, so I hope that wasn't because of me, you thought of people clearing the floor with their dancing.

[LAUGHTER]

KAREN FOLEY: Brilliant. And Laura says that little girl, that's Eva, is absolutely fabulous. Well done, Eva, that was awesome dancing. Susan's worked off all that food. Well, Susan I'm hopeful you've got some more there so you can get stuck in for our quiz. And Laura's perfected her [INAUDIBLE], so, so that's all absolutely wonderful.

It's really nice to be able to get together and have a dance. And Rosaria, thank you so much for organising that. We've invited you to some more Student Hub Live events as well, so we can always make sure we have time for some fun.

ROSARIA GRACIA: Excellent. Thank you very much, everybody. Have a fabulous year.

KAREN FOLEY: Thank you, and we'll see you soon.

Right, everyone. Now we've got to - yes, Klaus says that little girl is rocking it, so well done. Now we've got to, to get ready for our quiz, so fill up your drinks, but no sort of mental combinations, because sometimes the quiz is going to be hard and we need to remember all of our special searching skills.

So we're going to have a quick video break, which is another of our campus tours. This is the legacy garden and the language panel. So we're going to do that and then come back for our awesome quiz with professor of planetary geosciences, Dave Rothery, and our staff versus students and everyone at home. See you in just a minute.

[MUSIC PLAYING]