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REAL LIFE SPECIAL

cosmo!

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- TV Star Turned Porn Star
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try the sexy body workout
(Pssst! It's FUN!)

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Good Girl?
Or Both?

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Dance & Fitness Inc.

OCTOBER 2004

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Fall Makeover Tricks

health kick

CoSMoGiRi! SPA



body by bollywood

Get ready to shake your booty with this sexy dance that doubles as a full-body cardio workout!

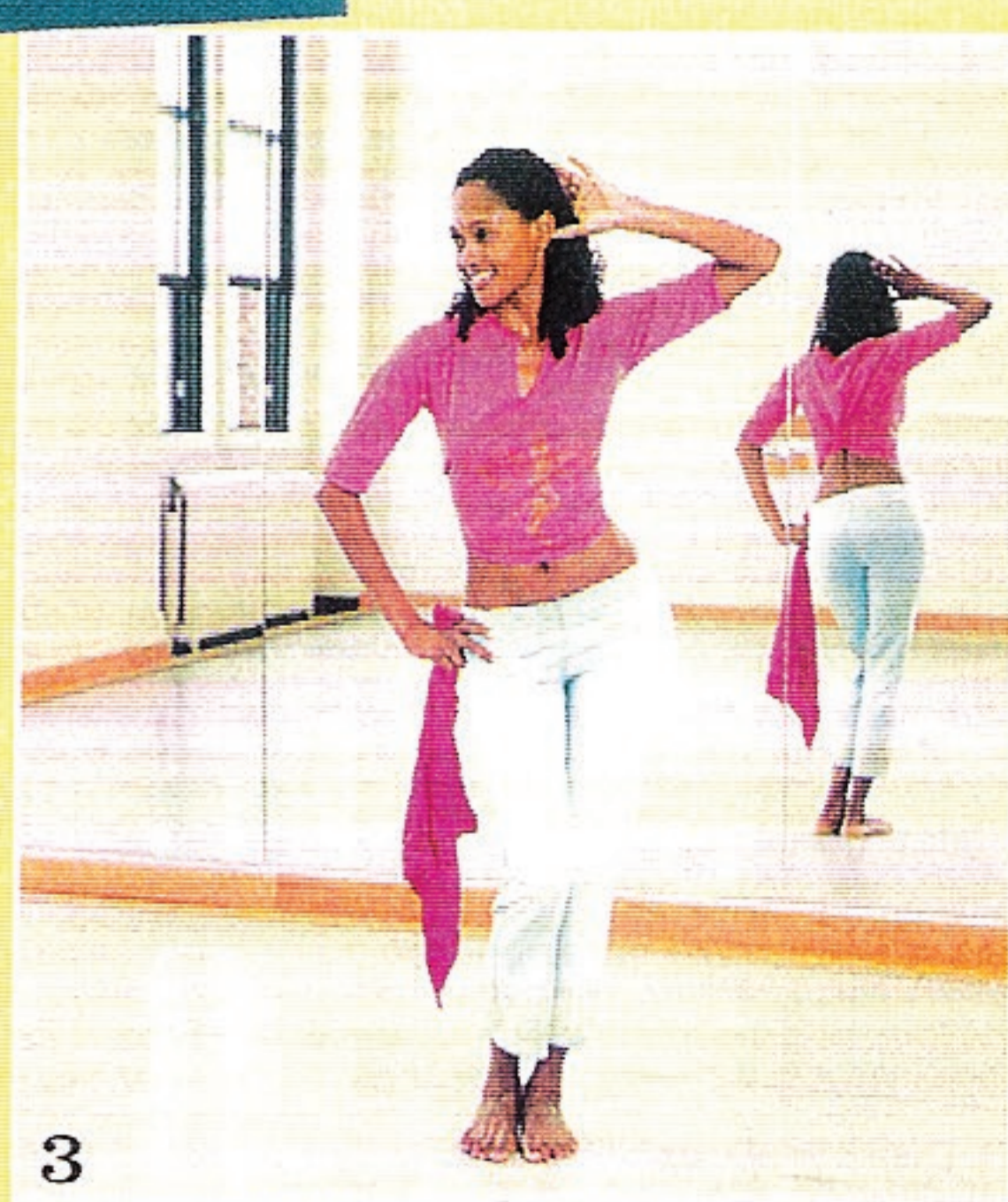
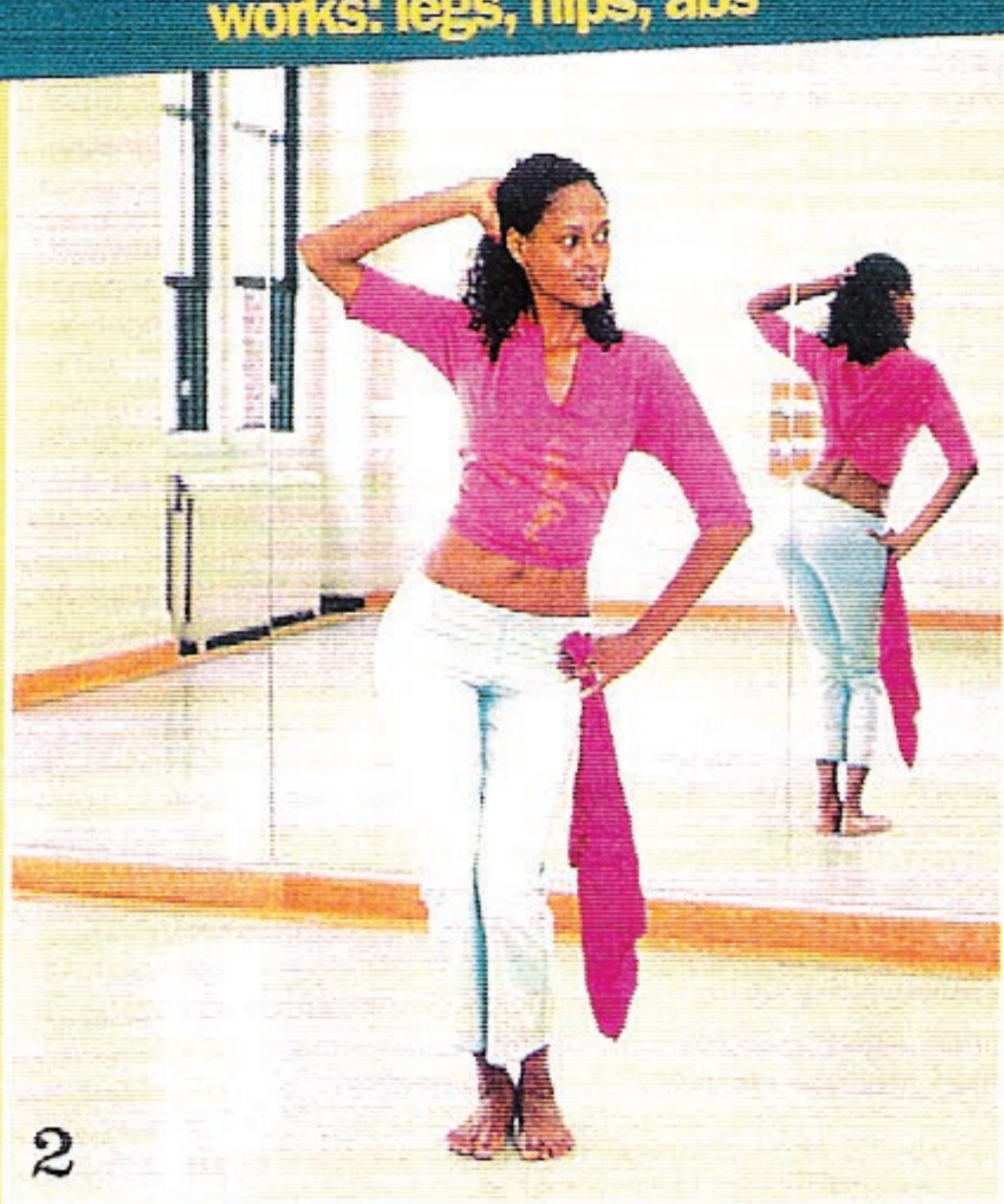
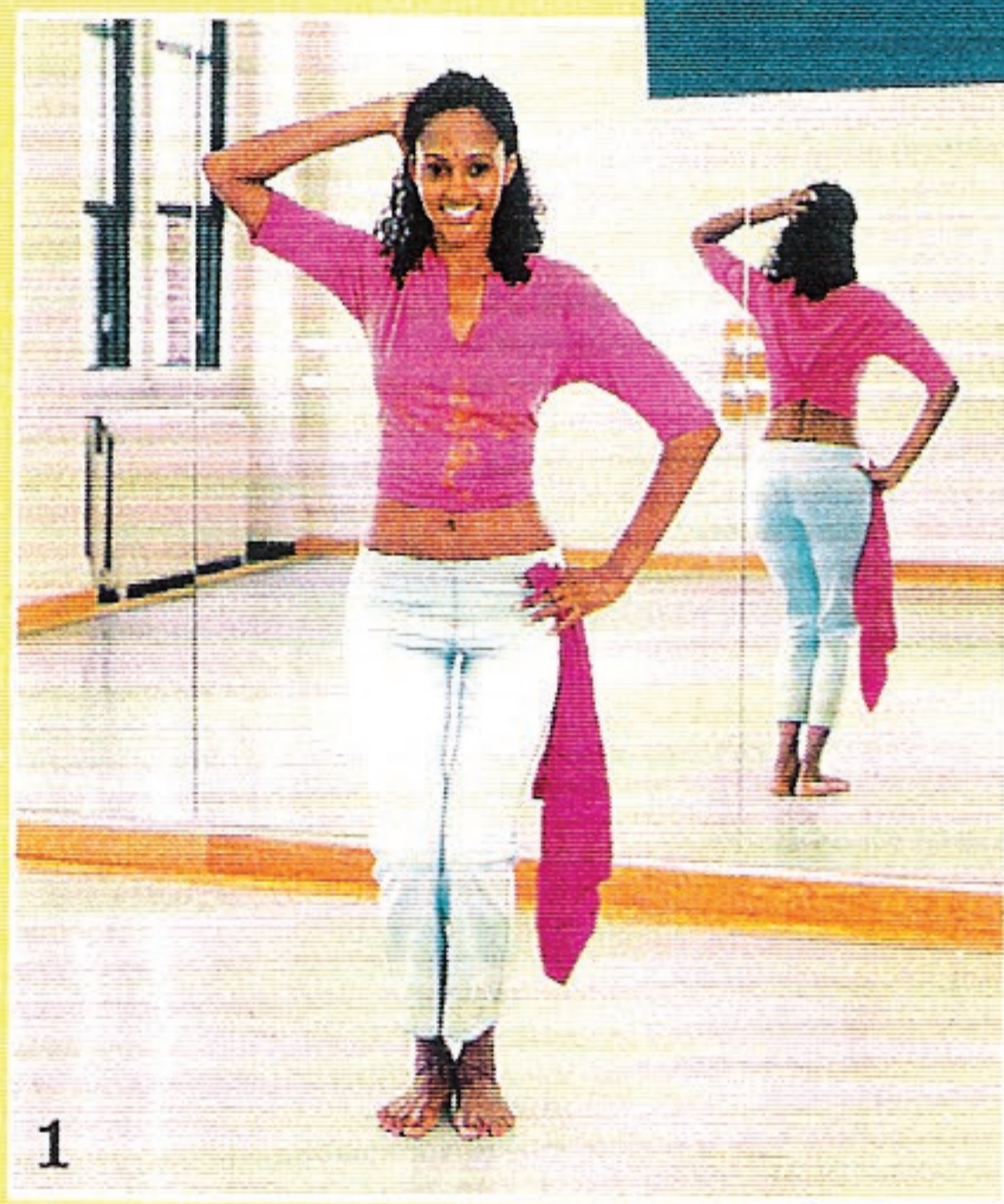
By Kristen Oldham

Bhangra (a Punjabi word) is a traditional Indian folk celebration dance that's fun *and* an awesome toning workout. It's been featured in the movie *The Guru* as well as Broadway's *Bombay Dreams*, and everyone's trying it! These moves come from Sarina Jain, creator of The Masala Bhangra Workout. Do them three times a week—you need a scarf or cloth napkin to dance with and bhangra music (try **Dhol Junkies**, \$15, masaladance.com). No shoes required!

She bhangs! She bhangs! Heather Graham in *The Guru*.

BOLLYWOOD BHANGRA

works: legs, hips, abs



STEP 1 > Start with your legs together so that your knees and ankles are touching. Bend your knees slightly. > Place your left hand on your hip and your right hand on your head above your ear with your elbow pointing out to the side.

STEP 2 > Look to your left and do four bunnylike hops in that direction. Squeeze your abs tight to give you the energy to hop and swing your hip to the left in sync with the hop. > Make sure your knees stay glued together the entire time.

STEP 3 > Switch your arms (right hand on your hip and left hand on your head above your ear). Look to the right and repeat.

...Yaryna, 16, Toronto, ON
...whether we're playing badminton or filming our own 'Lord of the Rings,' you'll always be my friend!
...DanceMe.com/SHOOT1001

DHOL BEAT

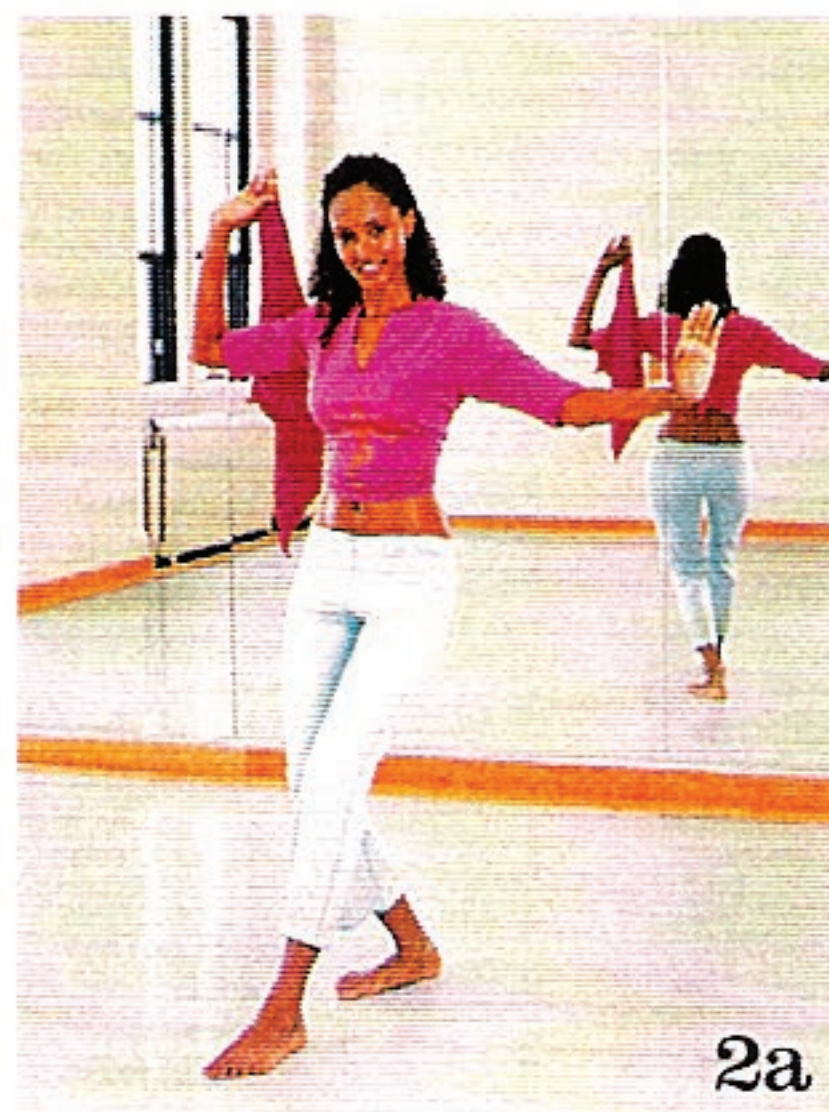
works: arms, shoulders, legs



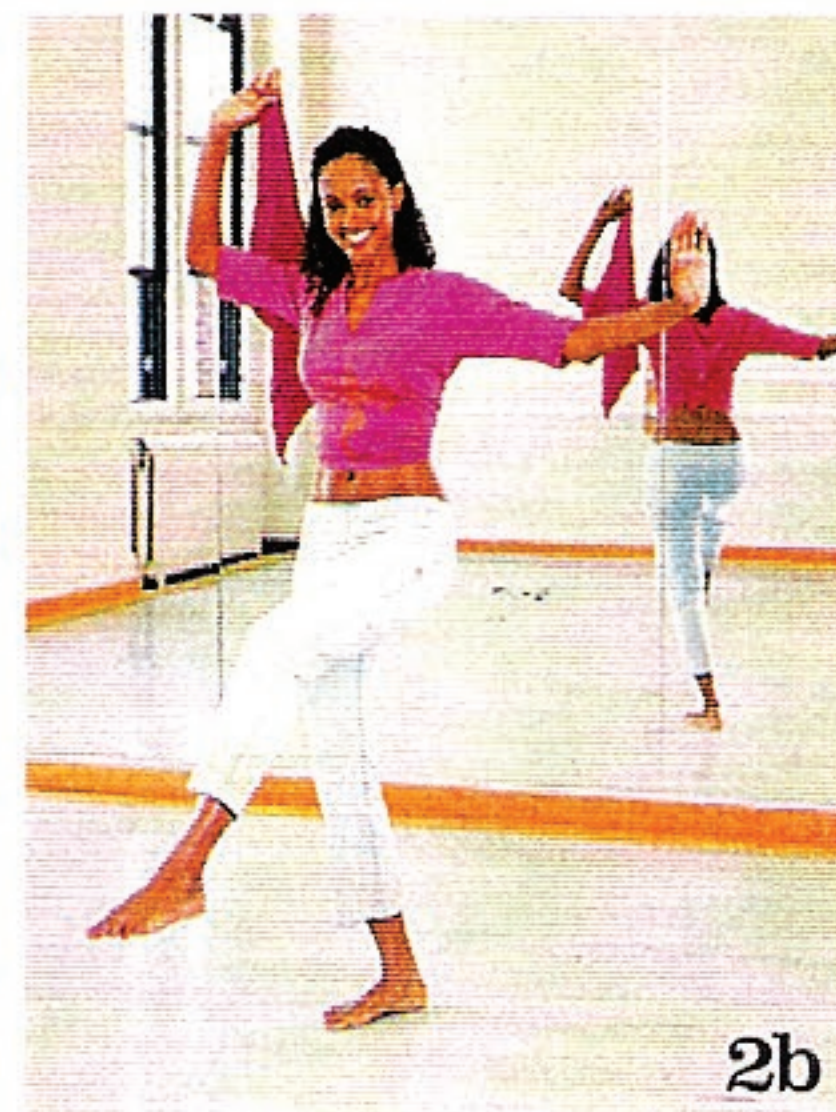
1a



1b



2a



2b

STEP 1A > Stand with your feet shoulder-width apart, arms at your sides. This is your starting position. Then step forward with your right foot, about 12 inches in front of you, and lean your upper body in the same direction. Now act like you're banging on an imaginary drum (banging your right hand down first).

STEP 1B > As you stomp, bang your right hand down in unison for three counts (count: "And one, and two, and three").

STEP 2A > Return to the starting position. Step your right foot back *behind* your body (about 12 inches) and lean backward slightly. > Lift your right arm up and your left arm to the side and bend them slightly for balance. Keep your hands relaxed.

STEP 2B > Shrug your shoulders for three counts (push harder on the "down" part of the shrug). Then add a toe tap: Lift your left leg, point your toes, and tap your foot on the floor three times—the shrug and toe tap should be done in unison.

Repeat all four moves four times. Move through steps 1A–2B in a continuous series, without pausing or resting.

BASIC BHANGRA

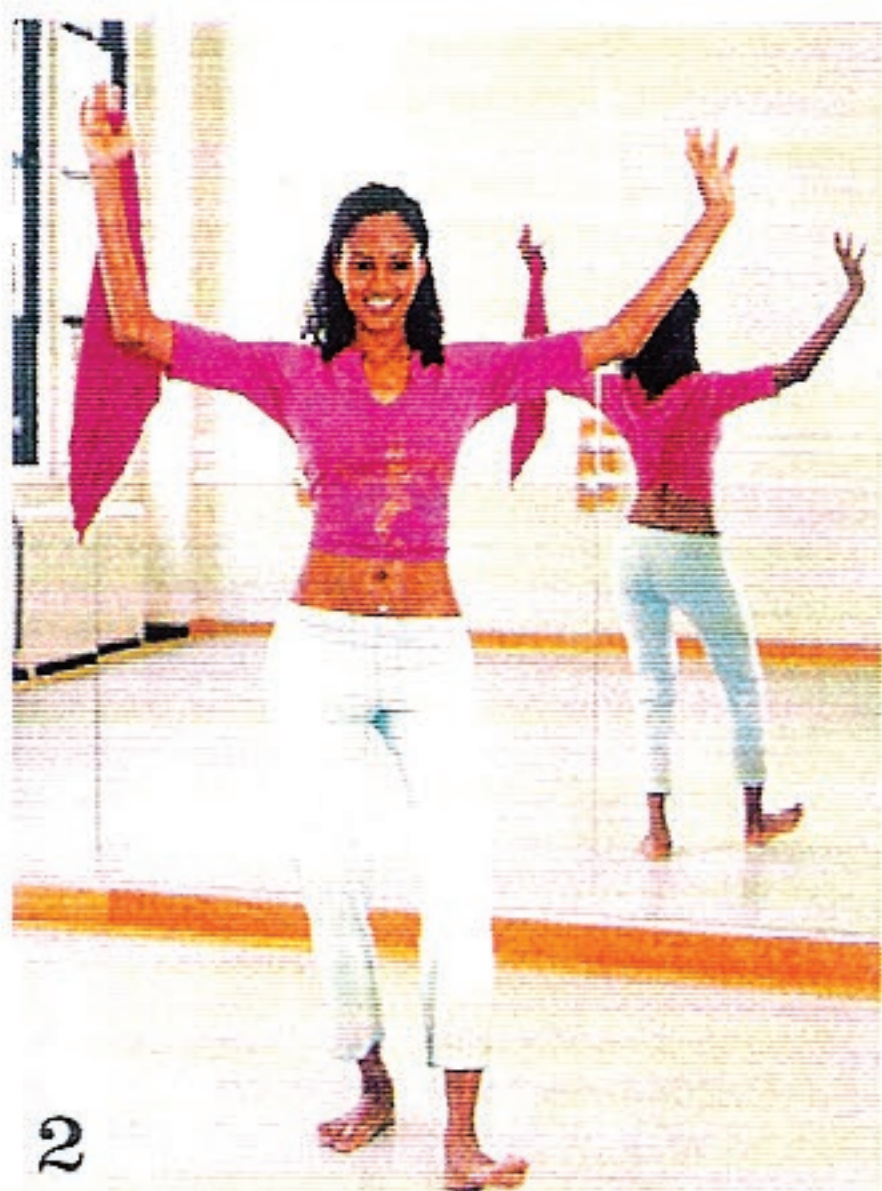
works: deltoids, shoulders, biceps

STEP 1 > Begin by stepping your right heel out in front of your body, bringing it back to the starting position, then stepping your left heel out. > Continue this alternating heel-touch-step to the beat of the music.

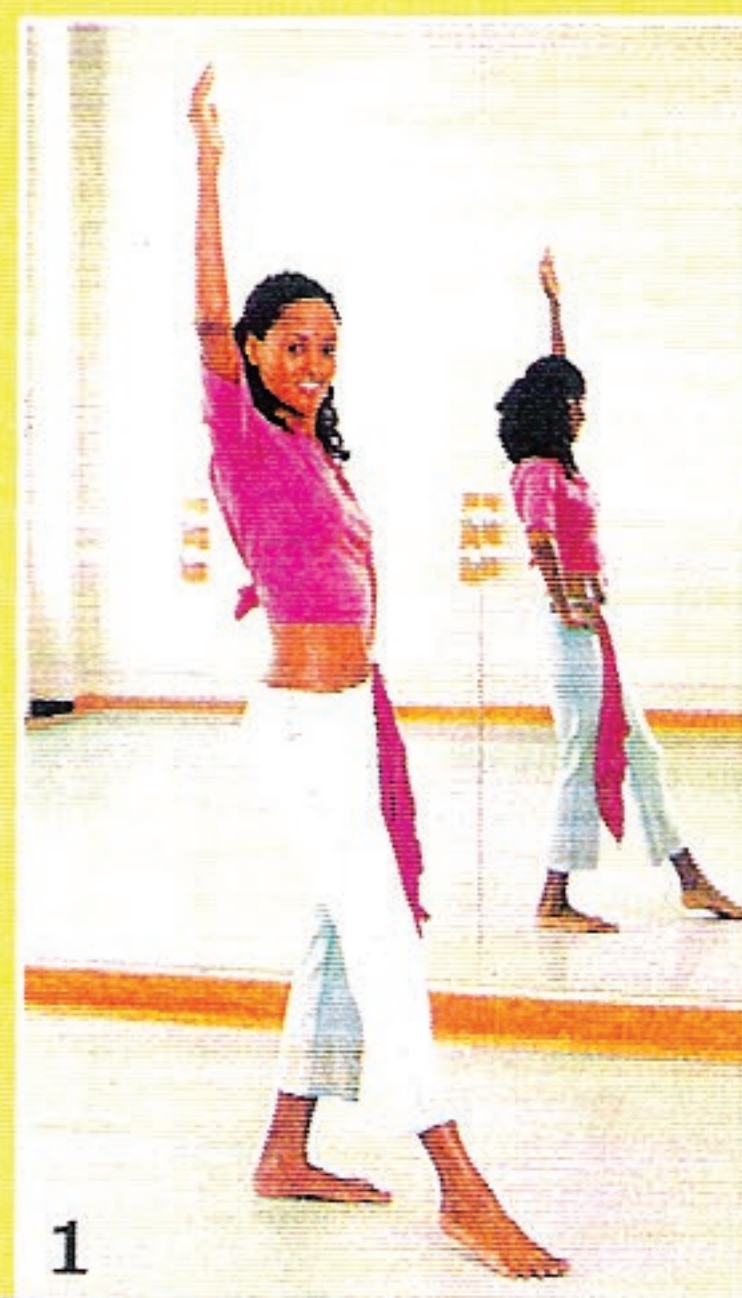
STEP 2 > Keep your feet moving as you lift your arms up so your hands reach toward the ceiling. Bend your elbows so that your arms form a U shape. > Shrug your shoulders, putting more emphasis on the "down" part of the shrug. At the same time, twist your hands around like you're unscrewing two light bulbs that are above you. > You should be doing the heel-touch-step with your arms lifted, shoulders shrugging and hands twisting—all at the same time. > Do this for eight counts (count: "And one, and two, and three," and so on) for a total of four sets.



1



2



1



2

BHANGRA PUSH

works: shoulders, legs

STEP 1 > Put your left hand on your hip and raise your right arm toward the ceiling. > Take a step forward with your right foot, then push off the ball of that foot (pushing down on your toes and then lifting up).

STEP 2 > Continue to lift your right foot four times as you move clockwise in a semicircle. > Shrug your shoulders to the beat as you dance, but keep your left hand on your hip and your right arm raised. Do four semicircles to the right.

STEP 3 > (Not shown) Switch to your right hand and left foot and repeat the semicircle counterclockwise. > Do this for four counts, repeating steps 1 and 2. *Repeat steps 1–3 three more times.*



Learn more moves and become an Indian dance pro by getting the **Masala Bhangra Workout Volume 3... Bollywood Style** DVD, \$20, masaladance.com.