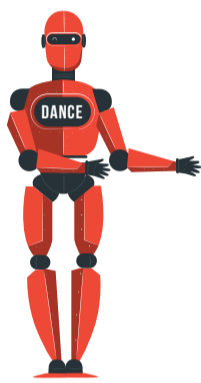




COOL DANCE MOVES FOR PRO TRANSLATORS (CYBER PUNK EDITION)

A workout can be fun and exciting if you add dancing to it. Now we will tell you about dance moves for translators. The robot is a fun, iconic dance style that's been around since the 1960s. It includes using slow, isolated body movements to look like a dancing robot. Doing the robot can seem difficult if you've never done it before, but it's easy once you learn the basics, like wobbling, pivoting, and body isolations. Let's get started!



1. USE BODY ISOLATIONS

Make yourself look like a robot while you dance. Body isolations are dance movements where you move one part of your body separately from the rest. Using body isolations while you dance—like moving just your head or one of your arms at a time—will help you look more robotic.



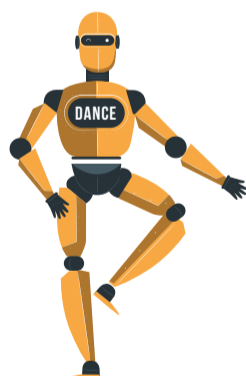
4. USE SLOW MOTIONS

Use slow, controlled motions like a robot. Think of how a machine moves. Every movement is steady and intentional. When you're doing the robot, avoid fast, frenetic movements since they won't look robotic. Instead, you want each move you do to be drawn out and deliberate.



2. KEEP YOUR FEET PLANTED

Don't step to the beat like you would for other kinds of dancing, since it won't look very robotic. Instead, keep your feet on the ground, and focus on moving your arms, torso, and head while you dance.



5. PIVOT YOUR FEET

Pivot your feet if you want to change directions. That way, you can switch things up instead of facing the same direction while you dance. Just raise your toes slightly and pivot on your heels. Or, raise your heels and pivot on your toes instead. When you're finished pivoting, plant your feet on the floor again.



3. WOBBLE YOUR BODY

Robots wobble back and forth whenever they stop or shift into a new position. Replicate that wobbling by rocking your body side to side a few times after you do a move. Move about 1–2 inches (2.5–5.1 cm) in each direction.



6. COMBINE MOVES

Combine different moves together to come up with your own routine. Making your own dance routine is a great way to practice all of the skills you've been working on. Plus, you'll have a go-to routine if you ever go out dancing. Just choose your favorite moves, and then practice doing them in order until you have your routine memorized.