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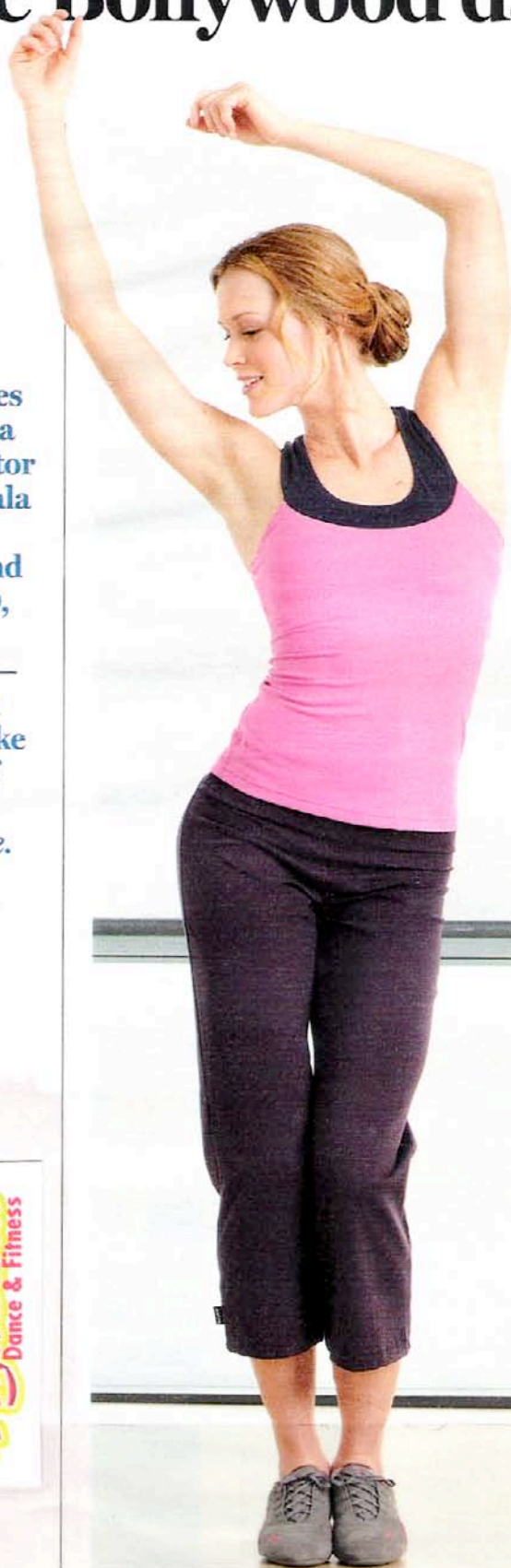
Be a glass-half-full
girl in a glass-
half-empty world.

Masala
Dance & Fitness

The Bollywood dance workout

These moves from Sarina Jain—creator of the Masala Bhangra workout and a new DVD, *Back 2 Bollywood*—will get you grooving like the stars of *Slumdog Millionaire*.

Masala
Dance & Fitness



1 Hareepa Stand with legs pressed together, arms over your head. Swing your hips to the left and then the right, hopping to the right at the same time. Swing hips to the left again, then back to the right as you hop right. As your hips move left to right, your arms should sway from left to right over your body. Do this 4 times, then hop left 4 times, bringing hips and arms from right to left as you go. **Repeat 4 times (for a total of 16 hops to each side).**

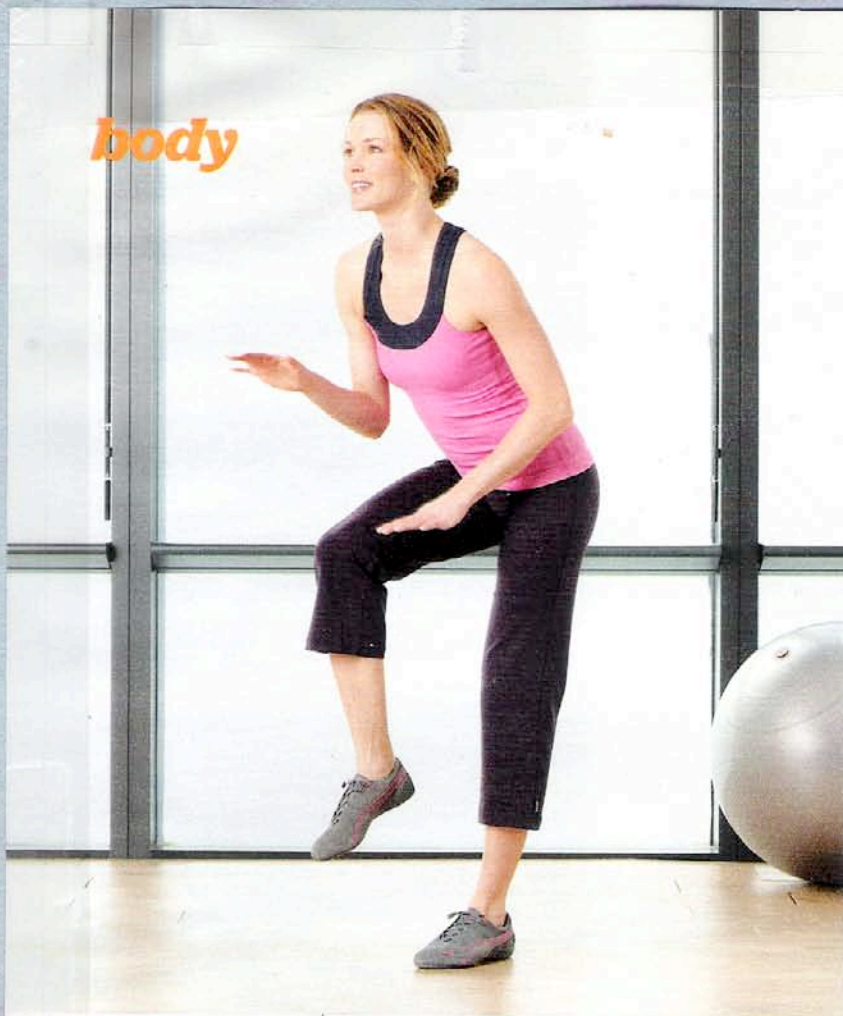


2 Shoulder shrugs

Hold your arms up with elbows bent, in the shape of a W. Move your shoulders up and down as if you're saying, "I don't know." **Repeat 16 times.**

TIP: "If you're at an Indian wedding or party and have no idea how to dance, stand in the middle of the crowd and do these shoulder shrugs," Jain says. "Automatically, your feet will follow."

body



4 Three-step Stand with your legs wider than shoulder-width apart. Hold your left arm across your chest and your right arm out to the right side. Hop (on both feet) to your left 3 times, bringing your arms across your chest to the left as you go, so your right arm is now across your chest and your left arm is extended to the side. Reverse and hop to the right. **Repeat 8 times.**



3 Dhol beat Turn 45 degrees to your right and lean forward. Raise your right leg and right arm, then lower your right leg to the floor, lower your right arm, and raise your left arm simultaneously, as if you're hitting a drum (or *dhol*). **Do 4 times with right leg, then repeat with left leg. Repeat sequence 4 times (so you've raised your arms and legs 16 times on each side).**

TIP: To look more authentic while you're doing the basic bhangra step, "move your head from side to side to the beat," says Jain. "You'll look like an Indian goddess!"



5 Basic bhangra step Hold your arms up to make a W and move your shoulders up and down. Pretend you're holding a lightbulb in each hand, and turn your wrists inside and out, as if you're turning the bulbs. Step across your body with your right heel, then your left. **Do this 16 times.**



6 Bhangra squat Stand with legs wider than shoulder-width apart. Hold your arms up in the shape of a W. Squat down as low as you're comfortable, then spring back up to standing. **Repeat 16 times.**