

# no need to

# BLUSH...

*WHAT ARE YOUR FIRST THOUGHTS ABOUT POLE DANCING? FOR THE MAJORITY OF PEOPLE WHAT LEAPS TO MIND IS SLEAZY BARS, SHREWD MEN AND SCANTILY-CLAD GIRLS.*

**Now wash away those dated opinions because Blush, on Back Haymarket Street, Bury, is a Pole, Burlesque and Street Dance School which has achieved to make the pole female friendly.**

On a campaign to get women off the couches and, quite literally, up in the air, is the bubbly Becky Campey - creator of Blush and a qualified Personal Trainer, Fitness Leader and Coach. This aerobic lady has mastered more types of dance than you can count on your fingers. She has taught pole dancing for six years and has taught a variety of dance including ballet, tap and jazz for an incredible 15 years. Another two years were spent conquering the demanding aerial arts, trapeze, bungee and corde lisse. Becky has racked up an impressive 27 years of dance.

*"That makes me feel old,"* Becky exclaimed. *"But I do love all aspects of dance, especially the fact I get to share my skills with other people. That's probably why I like teaching so much. I take pleasure in moving and the exercise you get out of it. Getting fit can be fun for everybody. You really don't have to be an amazing dancer to be able to do it. I wanted to have classes that were open to all levels which encouraged people who want to dance to come along."*

Since it's opening in 2008, Becky has been catering dance courses specifically in mind for normal women who want to become fighting fit without rejecting, or forgetting, to have fun in the process. Pole Dancing lessons, Becky admits, has the glamour factor but underlying is a hell of a lot of physical discipline - these girls work hard to master an art which is easy on the eye but tough on the body.

*"The people that attend these classes really do develop an enthusiasm for it,"* Becky said. *"They become really disciplined and focused, wanting to see if they can push themselves further. The fitness benefits are tremendous but I find, just as importantly, it'll boost their confidence. This can lead to them performing on stage, which they really enjoy."*

In true showgirl style the Blush academy puts on spectacular performances. For the past two years Becky's troupe of girls have been treating the audiences

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of G Casino, Manchester, to glitzy high-kicking productions like Moulin Rouge and Chicago.

*"These shows really suit our style,"* said Becky. *"Anything really girly, sassy and glitzy. We have done Masquerade shows and Las Vegas shows and now we're looking at doing some new performances in Liverpool, some quite funky and quirky Burlesque that's just in the pipeline at the moment."*

The theatrical French art Burlesque is kept alive and well in Bury by Becky's Burlesque dance workout class - inspired by the original showgirl stars and modern day Burlesque starlets. Tastefully and cleverly the lesson teaches women to embrace what they naturally got, with choreography not only inspired to tone, sculpt and define but also set to get that certain someone's pulse racing.

As an expert in this field as well Becky was called upon by Mr Gok Wan, fashion guru and promoter of natural beauty on his show How to Look Good Naked. Becky was asked to assist Gok Wan in helping an insecure woman grow confident and comfortable in her own skin through Burlesque.

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*"We did a basic lesson on how to hold yourself, how to walk, how to undress and how to strip in a very classy, tasteful way,"* Becky said. *"It really increased her confidence as it's quite a challenging thing to do. She was quite a big lady with wonderful curves and a big chest. I have to admit I was quite jealous. When she first came in it was apparent she was really nervous but quite excited. I helped her with a mini routine to give her an idea of Burlesque. It was in addition to what Gok Wan was doing with her and it was great fun. Unfortunately, I didn't get to meet him but he did say my name."*

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At Blush academy Becky has been dedicated to building women's confidence, drive and fitness. Pole dancing is an intimidating and rather daunting suggestion for some females but Becky insists that, at Blush, the pole is well and truly out of the domain of the male gaze and is firmly associated with female empowerment.

*"I think initially people can be apprehensive as they don't know what to expect,"* Becky said. *"I have never seen pole dancing in a bad way and my classes are certainly not like any of its negative associations.*

*"The ladies that come along are just normal women who do it to get fit and to feel good about themselves. They want to achieve something they never thought they could do. It's very girly and sparkly and it's fun and challenging. There's nothing sleazy..."*

*...about what we do. It's one hundred per cent strength and fitness. Women can come out and show what they have accomplished and how strong they are."*

Another concern that appears to play on the mind is that to join in you must be thin. Like fellow star Gok Wan Becky is a great believer of natural beauty. At Blush the doors are open to every woman.

*"I say to women that are concerned about this that we aren't all supermodels,"* Becky reassured.

*"Women can be worried that when they come in they are going to be surrounded by tall, trim and tanned women. I always say to these girls that if my company was just for those type of women I'd be out of business very fast. We are all different shapes and sizes from all sorts of backgrounds but we are here for the same reason -to get fit, meet new friends, have fun and try something different."*

She added: *"Our aim at Blush is to get women to do something out of ordinary and to get them to be confident enough to do it. I want women to walk in without feeling judged, or out of place. We want people to feel inspired and reach their potential. After all, Blush is about bringing positive experiences."*

For more information visit

[www.blush-dance.co.uk](http://www.blush-dance.co.uk)

or call 07966 794 256