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Case Number 17987: Small Claims Court



Dance a GoGo: Sexy Nightclub Workout

MVD Visual // 2009 // 42 Minutes // Not Rated
Reviewed by Judge Brett Cullum // January 2nd, 2010

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Judge Brett Cullum is proud to present the official workout for the cast of **Showgirls!**

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The Charge

The best way to get fit is to dress slutty and act like a stripper.

The Case

Dance a GoGo: Sexy Nightclub Workout is a collection featuring a trio of fitness DVDs that take you through short Pussycat Doll style routines in order to get you thin. Music video vixen Andrea Lin has appeared in MTV offerings from Madonna, Britney Spears, Velvet Revolver, Lil' Kim, and many more. She's a professional dancer who came from China to New York City, and found her calling teaching a cardio class inspired by the idea of dressing and dancing sexy. *Dance a GoGo* is basically urban dance class moves performed by girls who look ready to appear in a Kanye video.

There are three workout routines and they are very short, clocking in under ten minutes. Each lasts for one song, and that's supposed to be the meat and core of this program. I suppose if you went through all three back to back you'd have a good cardio workout, but if you can manage three seven minute dance breaks you don't need this series. The routines are super sexy and energetic, but the average person won't be able to pick them up easily. The moves are terribly tough, and involve rhythmic isolations and a knowledge of how to control your muscles that the average lay person with no dance training is going to lack. I imagine if you can pick this up easily then you probably won't need Andrea Lin taking you through a short routine, because you already work as a Pussycat Doll. They've already selected themselves down with the level of difficulty to include only those in great shape already, and I wonder if that type of person would buy a fitness DVD.

Each disc centers on the main routine which you can play with titles to identify moves or without. There are two instructional features including a back view with mirrors, and also a very fast-moving run-through of each step by section. Also included is an informational tip such as "how to dress sexy," "sit sexy," and "walk sexy." Each DVD has the same "behind the scenes" featurette which shows outtakes and how they prepped for the shoot with make-up and wardrobe. There is a text biography of Andrea, production stills, and a trailer for the series.

Strippers and dancers will find **Dance a GoGo: Sexy Nightclub Workout** an invaluable tool to getting their groove on, but the rest of us are just going to sit on the couch slack jawed and amazed anybody can move like that. It would almost be easier to pop in a Pussycat Dolls concert video and try to follow along with the choreography. Andrea says in her promotional spots that you don't have to be "technically correct" and can just freestyle your way through the routine, but I imagine that would defeat the purpose for the average girl looking for something to help her out. I suppose the litmus test here is if you found it easy to mimic Beyonce's "Single Ladies" dance routine then this might be the workout for you.

The Verdict

Throw your hands up in the air, wave 'em like you just don't care. This set is guilty of being silly and sexy.

Movies & TV
on
DVD and Blu-ray 

Scales of Justice

Judgment: 65

Perp Profile

Studio: [MVD Visual](#)

Video Formats:

- 1.78:1 Anamorphic

Audio Formats:

- Dolby Digital 2.0 Stereo (English)

Subtitles:

- None

Running Time: 42 Minutes

Release Year: 2009

MPAA Rating: Not Rated

Genres:

- [Fitness and Exercise](#)
- [Instructional](#)

Distinguishing Marks

- Bonus Routines
- Featurettes
- Instructor Bio
- Image Gallery
- Trailer

Accomplices

- [danceagogo.com](#)
- [AndreaLin.net](#)

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- [Learn To Dance Salsa: Volume 1, 2, And 3](#)
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