

The Electric Review

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♦ **DANCE A GOGO: SEXY NIGHTCLUB WORKOUT SERIES - 3 DVD BOX-SET. Andrea Lin. MVD Video.**

Sexy is the word as far as this new triple-disc box is concerned. In **Dance A GOGO**, Andrea Lin shakes and shimmies her way to the center of the stage in a dance video that will inspire women of all skill levels.

Lin is a long-time veteran of the music video who has appeared in myriad productions with the likes of **Madonna, Britney** and **Velvet Revolver**. Lin's work is notable because of her style and the uncanny ability to consume the eye of the camera – a performer whose presence compels complete attention. In **Dance A GOGO**, Lin integrates hip-hop, ballroom, salsa and Asian moves, creating a genre that bears her own indelible stamp. In sum, the idea of this series is to create an exercise regimen that is not only about repetition and discipline. Instead, **Dance A GOGO** updates the concept of the aerobic work-out, using an assortment of hot night-club moves to encourage women to rediscover their sexy inner-self and move in time to everything they feel. The result is a triple-take DVD that escorts viewers toward a more-healthy physique while simultaneously stressing spontaneity and a reconnection to the animal within. **Dance A GOGO** includes the following titles: *Music Video Dance Workout, Sexy Latin Groove, Nightclub Fun Workout.* ~John Aiello