

With Dance one gets... Fitness, Relaxation, Posture, Confidence & Social Skills: **Sandip Soparrkar**

Trained in Germany as a ballroom dance teacher, Sandip Soparrkar is a celebrated choreographer. Though one rarely gets to see his jhalak, his work speaks volumes of him. Madonna, Beyonce and Shakira have all gyrated to his rhymes, and now very soon Britney is going to follow the suit. Here's Sandip Soparrkar in a candid one-to-one with MANSI AGGARWAL...

HEALINDIA Let's start with your life's journey till now. From being a dance consultant for 'Jhalak Dikhla Jaa' to being on the panel of judges for the show 'Chak De Shahar Di Kudiya Te Gali De Gunde' with Raveena Tandon? How does it feel?

SS: It's wonderful that my work is getting good recognition.... TV, bollywood and Hollywood films, celeb students from Indian cinema and west... feels great!

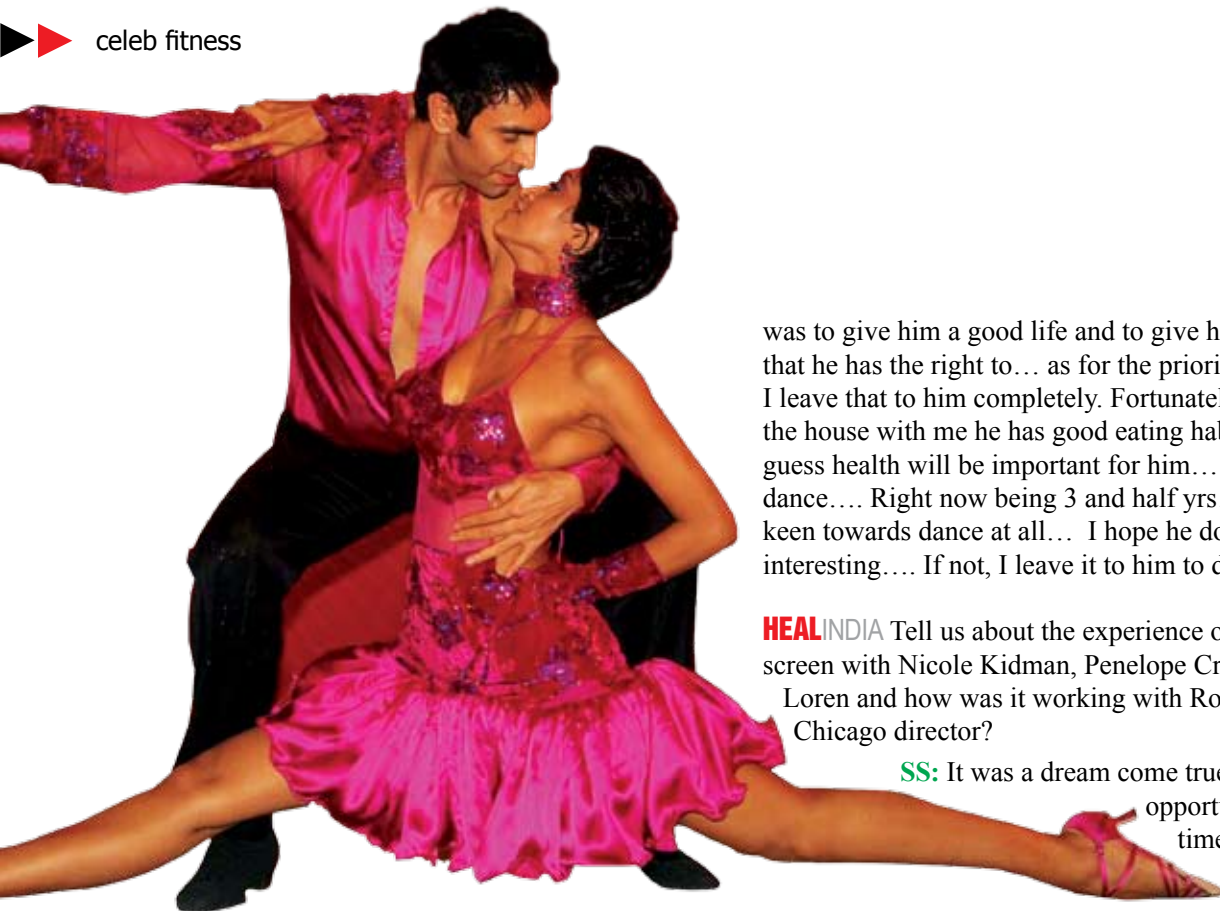
HEALINDIA Would you call yourself 'health conscious'? If yes, how will you grade it?

SS: Yes I am health conscious, very conscious... coz I believe that the kind of profession I am in Fitness plays a very important role.... Not just physical fitness but also mental strength to take challenges in life... would not like to grade myself... as it is not fitness test that we are taking...

HEALINDIA Which type of dance do you think is the best one- let's say for a toned up body?

SS: Rumba and Samba I would say are the two dances that are great for fitness.... As in rumba... it being a very slow dance the muscles get the necessary exercise... it's almost like doing free hand workout.... And also it has lots of lunges and stretching moves... And Samba is a high energy dance that gives the cardio activity.





was to give him a good life and to give him the love that he has the right to... as for the priority meter... I leave that to him completely. Fortunately, being in the house with me he has good eating habits. So I guess health will be important for him... and as for dance.... Right now being 3 and half yrs... he is not keen towards dance at all... I hope he does find dance interesting.... If not, I leave it to him to decide...

HEALINDIA Tell us about the experience of sharing screen with Nicole Kidman, Penelope Cruz, Sophia Loren and how was it working with Rob Marshal- the Chicago director?

SS: It was a dream come true and an opportunity of a life time...

HEALINDIA Which dance form do you enjoy the most?

SS: I love the Paso Doble... it's a Spanish bull fight dance... I love it coz of its aggressive mood.... And also its speed... which can vary from fast to slow depending on the interpretation of music...it's a very boyish dance too.... More male dominated...

HEALINDIA Do you think dance is a good option to keep oneself in shape? How many hours a day do you dance/workout?

SS: I dance almost 4 hours a day and workout at the gym for around an hour daily.... Dance is indeed a great way to stay in shape...but I personally feel that one should not dance for a reason or a purpose... coz once that purpose is solved... one will stop dancing... Dance is like a package deal... with dance one gets... fitness, relaxation, de stress, great posture, body coordination, confidence, flexibility, emotion expressions, social skills.... And more...

HEALINDIA Being the first single man to adopt a child, would you like to say something about single parenthood? Your priority meter for your son Arjun- for Studies, Health, Career, Moral values and Dance.

SS: I believe that every child has the right to get love and good education.... In adopting Arjun my intention

HEALINDIA Last year you made Shakira sway and Beyonce boogie and now after making even Madonna groove, its Britney's turn. Let's not compare, but please tell us how fit and health conscious each one of them is.

SS: They all have one thing in common... love for dance.... And dedication towards their profession and a go getter attitude even at this high point of their career...

HEALINDIA Would you like to share some health tips with our health conscious readers?

SS: Exercise daily... it can be in any form... the exercise should be a good blend of cardio activity, strength and testing endurance, flexibility and relaxation, eat healthy. Have a balanced diet. Do give in to temptations- Have a chocolate, pizza, fries whenever you feel like but keep it in moderation and balance it with other food if need be.

HEALINDIA Last but not the least- How do you prefer describing Sandip Soparrkar- as a celebrated choreographer first or as a health freak?

SS: A health freak for sure... what I am today is only coz of my health... celebrated choreographer ... is a title given by the media and people... other wise... I am just any another dancer who is trying be fit in the world of competition and dance.