

explains, "It's everything from nutrition, flexibility and fitness, to achieving that X factor. It's characterisation, relaxation, rehabilitation of injuries, and learning to deal with your critics, because believe me, they can be harsh."

Cara, who has been designing and producing dance and fitnesswear since her teens, also realises the importance of grooming. "From hair to make-up, tan, and costumes – you just have to learn those things for yourself along

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the way, and some girls don't know how to make the best of themselves.”

"It's the same for music selection," says Kris. "It's so important, yet it's totally overlooked. In things like show dance, it's all about grabbing the judges' attention, and if you don't know how to select or mix music properly, you're not going to do that. We want to develop all of these skills. It's about offering the entire package, and teaching dancers to equate the action to the result. 'Doing *this* will improve my flexibility. Eating *this* will make me dance longer'."

Kris and Cara's passion for fitness is evident, and their objective is admirable. With their knowledge, and Graham Oswick's technical expertise

as a teacher, there is huge potential for their plans to have a significant impact on the dance world. "Graham has a lot of young couples under his wing," explains Cara. "He has a wealth of technical knowledge, but he is also an amazing teacher, and that's so important. All too often dancers choose their teachers based on their 'name', instead of what they can actually provide."

"You can be an incredible and successful dancer, but that doesn't necessarily make you a natural teacher, because they can require very different skills," adds Kris. Indeed, in terms of skills – as well as expertise, enthusiasm and experience – it certainly seems that together Kris, Cara and Graham have the perfect balance. ●



Kris and Cara Watson are based in the Algarve, Portugal, although they remain in touch with the UK scene. For contact details

and further information about the services they offer, visit www.kriswatson.com. For details of Cara's fitnesswear brand, KC's Clothing, visit www.kcsclothing.com (site currently under construction). Kris, Cara and Graham are interested to hear your views, comments and suggestions as they continue to put together plans for their new venture. Please contact them directly by emailing kris@kriswatson.com or by writing to us at **Dance Today**.