

19 February 2014

VicHealth hosts all night dance party at the Melbourne White Night 2014

Photo opportunity: Media are invited to capture the rehearsal for *I Could Have Danced All Night* with the AusDance dance teachers and VicHealth's TeamUp rugby legends from Melbourne Storm and pro-gymnasts.

Today 11.45am to 12.45pm, at the Footscray Arts Centre, 45 Moreland St, Footscray

Thousands of Victorians will limber up and shake their booties all night long at this year's White Night in Melbourne this Saturday 22 February.

One of White Night's biggest attractions from last year, *I Could Have Danced All Night*, returns with professional dancers leading the crowd at Federation Square to learn a different dance style every hour from 7pm to 7am. This year the event is supported by VicHealth and VicHealth's physical activity app, TeamUp.

Whether it's classic salsa, a hark back to the swinging 60s go-go dancing, a touch of Bollywood, or mastering Beyonce's full Single Ladies routine, there's a dance style for everyone.

AusDance Victoria and their team will be on hand to guide the crowd through the moves of each dance technique, from cultural practices to modern sensations. VicHealth's *I Could Have Danced All Night* is hosted by Wes Snelling, whose comic genius will keep audiences laughing every step of the way.

VicHealth CEO Jerril Rechter, a former dancer, said thousands of people of all ages and abilities had a blast at last year's event.

"This year, VicHealth is throwing its full support behind *I Could Have Danced All Night* because it's such an important event for our state and a delight to see so many people dancing together and having fun in the heart of Melbourne," Ms Rechter said. "This event is 100 per cent free, all you need to do is provide the dancing shoes. Simply head down to Federation Square in the heart of the city on White Night this Saturday and join the fun.

"Dance fits into VicHealth's agenda nicely, because the evidence shows these events do improve health. We want to provide as many opportunities to get creative, active and involved in our vibrant community as possible. As well as helping to get your heart pumping and meet your 30 minutes of daily physical activity, dance gives you opportunities to express yourself, meet new people, be inspired, have fun and feel good about yourself."

I Could Have Danced All Night schedule

- 7pm: Disco/Sat Night Fever with Yellow Wheel
- 8pm: Zorba the Greek with Manasis Dance
- 9pm: Polynesian with Nuholani Entertainment
- 10pm: Salsa with the Salsa Foundation
- 11pm: West African with Lamine Sonko
- 12pm: Go Go Dancing with Anna's Go Go Academy
- 1am: Bollywood with Natya Bollywood
- 2am: Hip Hop with Sid Mathur and Demi Sorono
- 3am: Learn Beyoncé's Single Ladies dance with Patrick Studios and Todd Patrick
- 4am: Body Electric
- 5am: I Love Dance Hall by the Burncity Queenz and Junglecitcity Dancers
- 6am: Voguing with James Welsby and dancers.