

off or just review what they've done in the class. We've never had the time before, but this year we decided to get it done. Hopefully it's something we'll continue to work on in the future, as it's really nice to be able to offer something that people can take home with them.

How did it compare to producing your previous fitness DVD with Kelly Brook?

Vincent and I have presented this DVD exactly as we would teach a class, so it's totally natural. As a result, doing the DVD is just like taking a workshop with us. The fitness one is more about having fun and toning up – it has a different purpose. I might actually be producing a new fitness DVD – I love anything to do with fitness so I'd love to do it.

How do you prepare yourselves for "Strictly"?

We know that when we're on the show there will be no time for anything else whatsoever, so we have to totally block out those months. Fitness-wise, because we do performances every year our fitness levels stay the same. It's more about mentally preparing – trying to relax so that we're well rested before it all kicks off.

How has life changed for you since you started on the show?

"Strictly" is an amazing experience and we're so grateful to be a part of it. It really is a once in a lifetime chance. Before the show we were still very busy but we were doing a lot more teaching, whereas now it's more workshops during the rest of the

year. The main difference is that rather than being well-known in the dance business, we're now known to the general public.

Are you often approached by people in the street?

We are, yes – it's not excessive, but one person can trigger another ten! Generally people are very pleasant and we don't mind stopping for the odd autograph and photograph.

What are your plans for the rest of the year?

To get through "Strictly" and hopefully win! I think we all go in to it with that attitude, but really I want it to be a great series, regardless of the outcome, because you're still very much

involved whether or not you're in the competition right to the end. You just have to go in with 100 per cent effort.

And further into the future?

As dancers we take it a week at a time, because our jobs are so varied we don't know what we'll be doing or where we'll be from one week to the next. We don't think too far ahead – one thing at a time!

Who would be your ideal partner this time around?

I'd like to work with a sports person, just because I haven't yet. I think they'd be quite different mentally, as they would be used to working physically for hours on end. ●



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