

COSMOPOLITAN

Beyoncé's Backup Dancers Les Twins Show *Cosmo's* Fashion Girls How to Bust a Move

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While everyone and their mother were freaking out about the *Mrs. Carter Show World Tour* concert, I decided to work on mastering her moves.

Last night, Cosmo fashion assistant May Hasso and I channeled our inner Sasha Fierce at the epic Alvin Ailey American Dance Theatre with Les Twins, the hot 24-year-old twin dancers on tour with Bey now. You may also recognize them from her HBO documentary *Life is But a Dream* and from the 2011 Billboard Music Awards, which some fans call her best performance ever.

After weeks of obsessing over their YouTube videos and planning everything from what to wear to hair up versus hair down (FYI: hair down lasted all of two minutes in class), we were pumped to take a master class with over 100 incredibly talented Les Twins fans. When we arrived, the room was packed with dancers of all ages who also had killer style: Crop tops, mixed prints, harem pants, snap backs - you name it. Here I am with May in our Bey best:



The class started with Nirvana's *Smells Like Teen Spirit* blasting and the Twins warming us up with a run-in-place-while-booty-shaking move that felt so Beyoncé that we had to resist adding in the "Single Ladies" hand flip. Then they taught us a routine - set to an Usher remix - that combined the Les Twins' signature body isolations with some crazy hot Bey moves (see: **"the seductive stanky leg"**). We were super-inspired by their overall message to keep the idea of "a story" in mind when dancing and not be so focused on every specific technical move (also helpful in case you mess something up).

Post-lesson, the Twins split up the class boys versus girls and we performed for each other with a *West Side Story*-style hip hop battle...and obvs our side won because WHO RUN THE WORLD?!

