



SPECIAL THANKS

DONORS

MEZIA AZINGE KASARA ASHFORD
JAMIE FRANKLIN LISA ANAKWENZE
SASHA THOMAS VERONICA NANDINO

CLASS SCHEDULE

SEDUCTION 201

Wednesdays Nights | 8pm to 10pm
Live Action Dance Studio
4551 Rosecrans Ave., Hawthorne, CA 90250

SEDUCTION 101

This class will be back soon!
Thursday Nights | 8pm to 10pm

SEDUCTION HIP HOP 101

New class coming soon!

CONTACT US

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FEMME FATALES



SEDUCTION 201

DANCE SHOWCASE

JULY 12TH 2024

THE BROADWATER MAIN STAGE

SEX APPEAL

DANCE

HEELS

2024

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ABOUT US

SEDUCTION DANCE

Seduction 101 & 201 were created to encourage women to tap into their sensuality. Why is this important? We are often our own worst critics. By providing a safe environment where women can objectively see how their bodies move, they can focus on improving body awareness, leading to enhanced confidence.



BODY AWARENESS IN DANCE

Body awareness is the crucial connection between mind and body. Our bodies retain past memories, which can hinder self-improvement, especially in physical activities. Seduction Dance aims to evoke these emotions through sensual dancing, within a space that rejuvenates feminine energy.

XOXO



WE GOT YOUR BACK

HOST & CREW



JESSICA GRAIE

Jessica Graie is an actress, author, and model. As one of Nkechi's first students in Seduction 101, she deeply appreciated the confidence and camaraderie the experience brought.

This year, Jessica is thrilled to take on the role of hosting the showcase, as witnessing the evolution of this class and these women has been heartwarming for her. She highly recommends this class because it encourages personal growth by pushing participants outside of their comfort zones and promoting a youthful glow.

CALVERT D. MILES

Special thank to Calvert for being our head videographer at the 2023 showcase. This year he will be our stunt coordinator!



JESSICA & SMUTHE

Jessica and Smuthe were instrumental in our success last year for our very first Seduction showcase. This year, they've once again taken on that challenge. A heartfelt thank you to them for their hard work and dedication.



Their effective communication and ability to create a safe backstage environment were and continue to be essential. This year, Jessica returns as our host and Smuthe as our stage manager.





COMING TO THE STAGE

SPECIAL GUESTS

VANJA RENEE

Vanja headlines all over the United States, recently performing at the Comedy Store, the Laugh Factory, the Hollywood Improv, Mic Drop, and American Comedy Co. She has also opened for major acts like Bassem Youssef and Brad Upton. You can see her live every Sunday as the host of a weekly comedy show called Pauhaus Night Mic.



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BAILA JENNIE

Baila Jennie is a professional dancer with a background in styles such as Salsa, Hip Hop, and Jazz. Hailing from Miami, she holds a Bachelor's degree in Dance from Florida International University and is a former competitive Salsa dancer.



Baila is also an accomplished Pole Artist with over 10 years of experience, teaching and touring with her signature style of Latin Polesque. She is a national title holder in the Pole Sport Organization competitions and has appeared in TV shows such as Crazy Ex-Girlfriend.



YEEEESSSS!

MEET THE "PROFESSOR"

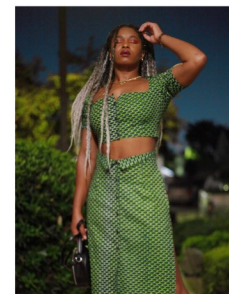
NKECHI OKONKWO

The last two and a half years have profoundly shaped Nkechi as a choreographer, dancer, and creative director. Working with such talented women and bringing her collaborative ideas to life on stage has been incredibly rewarding.



These ladies have had a positive impact on her life with their inspiring backgrounds and genuine commitment to growth. Nkechi hopes that the future continues to bring more women like them together, providing love, support, and beautiful feminine energy for years to come.

Outside of Seduction Dance, Nkechi Okonkwo is an Equinox fitness instructor, a personal trainer, and a fashion designer. Starting off on a home sewing machine from the late '80s, Nkechi has been designing and sewing her own garments for over a decade.



She has credits working on movie sets as a Costume Designer, Costume PA, and Special Effects Artist, and she also works as a stunt double for actresses like Denise Boutte and Vanessa Simmons in movies for BET. Nkechi brings this diverse expertise to the Seduction Dance showcase, enriching it with her unique blend of skills and creativity.



ORDER OF EVENTS

Act I

Class Routine: "Bed" by J. Holiday

Dancers: Aprianna, Leslie, Vicaria, Miranda, Yidan

Guest Performer: Baila Jennie

Say Hello!

Vicaria

Solo Routine: "Link Up" by Ne-Yo

Dancers: Jamie & C. Lou

Say Hello!

Adrianne

Class Routine: "One Minute Man" by Missy Elliott

Dancers: Aprianna, Jamie, Leslie, Miranda, Nkechi, Vicaria

Solo Routine: "Surprise" by Chloe Bailey

Dancer: Sasha

1st Comedy Set

Vanja Renee

Class Routine: "Careful" by Lucky Daye

Dancers: Adrianne, Aprianna, Jamie, Leslie,

Miranda, Veronica, Vicaria, Yidan

Say Hello!

Leslie

Solo Routine: SONG NAME

Dancer: Baila Jennie

Class Routine: "Motivation" by Kelly Rowland

Dancers: Aprianna, Leslie, Miranda, Nkechi, & Vicaria

Intermission

Visit the Plunge Bar

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LADIES ONLY

MEET THE DANCERS



MIRANDA SATTAAR EL

Miranda is a positive and goal-oriented person. She's been happily married—well, happily at least 97% of the time—for 31 years. A dedicated mother and beloved grandmother, Miranda has also completed 30 marathons.

Despite never having learned to swim, she's currently training for the Ironman! Miranda insists that Seduction class has given her a radiant new smile that's absolutely worth every moment—and her husband is beaming just as brightly!

SASHA RIE

Sasha is a second-year Seduction 201 dancer. These classes have amplified her self-esteem and self-confidence. She also appreciates the community and friendships she has formed with these women. This year, Sasha found the courage to perform a solo dance, dedicated to her best friend of nine years, who is now her husband.



XOXO



LADIES ONLY

MEET THE DANCERS

APRIANNA WHITEHURST

Seduction 201 has allowed Aprianna to turn her childhood dream into a reality. She is incredibly grateful for such an open space where she can truly express herself. By day, she is a shero, working as a social service worker for the homeless community. By night, she embraces her vibrant, "hot girl" persona.



XOXO

LESLIE MORALES

Leslie is excited to be coming back for her second year! She thoroughly enjoys the new and exciting choreo that Nkechi introduces each week, which keeps her engaged and challenged. The creativity and energy in Nkechi's routines always bring something fresh to the table, making each session a highlight of Leslie's week.



Moreover, Leslie deeply values the camaraderie she has developed with the other women in the group. Over the past couple of years, they have built a strong and supportive community, sharing experiences and growing together. This bond has become a significant and cherished part of Leslie's journey, both on and off the dance floor.



ORDER OF EVENTS

Act II

Class Routine: "Bills Bills Bills" by Destiny's Child

Dancers: Adrienne, Aprianna, Jamie, Leslie, Miranda, Sasha, & Vicaria

Say Hello!

Yidan

Raffle

Gift Bag Giveaway

Solo Routine: "Astronaut in the Ocean" by Masked Wolf

Dancer: Miranda

2nd Comedy Set

Vanja Renee

Class Routine: "Wildside" by Normani

Dancers: Aprianna, Jamie, Leslie, Miranda, Nkechi, Vicaria, & Yidan

Say Hello!

Veronica

Audience Contest

Gift Bag Giveaway

Solo Routine: "Jump" by Tyla

Dancer: Nkechi

Say Hello!

Aprianna

Class Routine: "Soundgasm" by Rema

Dancers: Adrienne, Jamie, Leslie, Miranda, Veronica, Vicaria, & Yidan

3rd Comedy Set

Vanja Renee

Last Class Routine: "Princess Going Digital" by Amaarae

Dancers: Adrienne, Aprianna, Jamie, Leslie, Miranda, Veronica, Vicaria, Yidan

Roll Call!



LADIES ONLY

MEET THE DANCERS

XOXO

VICARIA NORMAN

Vicaria, who has always admired dance from afar, finds herself in disbelief over her two-year commitment to Seduction 201. The shared sacred space and the art of dance have helped her grow both physically and emotionally through the art of dance. She appreciates the waves of talent and the unique personalities the ladies bring, and she loves the community that Nkechi has built with this class.



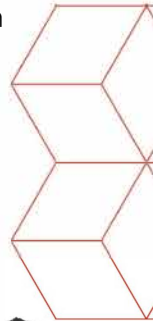
VERONICA NANDINO

Veronica, an LA native, remains grateful these classes continue to support her journey of healing and reclaiming her sensuality.



YIDAN CAO

Yidan has been a part of Seduction 201 since June of last year. She appreciates the experience of dancing with these women and values the friendships they have built. To her, dancing is not just physical; it is therapeutic and can change one's perspective on life.



LADIES ONLY

MEET THE DANCERS



JAMIE JOHNSON

Jamie and her dance partner tonight, C. Lou, ignite the stage with their shared passion for dance and R&B music. As you'll witness tonight, their chemistry is set to light the stage on fire. Jamie, also known as Dr. J, has been dancing since she left the womb. She thrives on adventure, laughter, and the simple joys of life. In her second year as a dancer, she finds strength and support in this amazing group. Dancing not only liberates Jamie but also boosts her confidence and reveals her inner beauty.



XOXO

ADRIANNE HENDERSON

Adrienne is a Detroit native who now calls Los Angeles home. She first fell in love with dance as a child, exploring ballet, tap, and jazz (yes, pink tutus and black tap shoes). Now grown, she's happy to reconnect with dance in a more sensual way.

