



DEREK & JULIANNE HOUGH INSPIRE move

BY LAURA HAMPTON

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Third generation dancers, Derek and Julianne Hough were moving and shaking at an early age. Derek began dancing at the age of 10, and Julianne was dancing competitively by age 9.

The sibling duo gained notoriety as professional dancers on "Dancing with the Stars." Each boasts multiple wins on the show, TV and movie acting credits and an abundance of talent.

Derek and Julianne will take their high-energy show "Move Live on Tour" on the road for a second year this summer.

They will perform at 8 p.m. Saturday at the St. Augustine Amphitheatre with a cast of 10 additional dancers and a show that promises plenty of surprises.

Compass caught up with Derek Hough to discuss ballroom dancing, performing live and sibling rivalry. Here's a part of that conversation.

Compass: Dancing is part artistry, part musicality, but you guys are also athletes. How do you maintain that?

Derek Hough: I was in a cab in New Orleans and the cab driver said to me, "Dancers are artistic athletes." I have the body type, I'm very small framed, so I

can get thin quite quickly. Some of these guys are like body builders, and I'm like "What the heck?" I don't do a lot of gym workouts. It's all dancing and lifting and partner work. I'll do pushups to get the blood flowing, but for me, it's more important to stretch and warm up — just getting the blood flowing in your body before you do anything. I've already broken a heavy sweat before I even go on stage.

Compass: What's the challenge of coming up with new choreography all the time?

D:H: There is a challenge to not repeat yourself, although you end up doing it sometimes. You get a library of moves and ideas that you have, then you start altering them, like, well what if we turn this way? And what if we grab this hand hold instead to create different moves. But more importantly, it's the music that tells you what to do and gives you direction and where to go — the feeling, the tone, the color. For me, the first thing I see when I hear music is color.

Compass: What is the demographic for your audience?

D:H: It's such a wide range. It goes

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all the way from literally little kids to grandmothers and grandfathers. We have to remember that too. For instance, we have very modern contemporary dances. We have hip hop, and then we're "OK, let's go back." We have Fred and Ginger. We have tap. We have some Latin dances. We have old songs; we have new songs. So literally we cross the gamut of contemporary popular music all the way to the classics. We go all over the place to give that dynamic, eclectic style music and that dynamic show. But also to be able to cater to our wide range of demographic.

Compass: Why does dance appeal to people of

all ages?

D:H: Dancing is a universal language. It's something that is in all of us. Our expression that we use for the show is "Motion = Emotion." The way you move directly effects the way you feel. There's like a hidden door. Describe a person who is down and doesn't feel good about themselves. How would you describe the way they are? The first thing you would say is hunched over, closed off. They'd be still. They wouldn't be moving. Now, describe the person behind the door that has energy and loves life and feels good. It's actually scientific. If you hold yourself in a different way physically, your whole chemistry of your body changes drastically. Your testosterone levels go up, your stress levels

go down, but when you're in a defeated position and hunched over and closed off, your stress levels go up and your testosterone levels go down. You can change your chemistry — change the way you feel — just by the way you hold yourself. And that's what we want the audience to feel. Up moving and feeling good.

Compass: How did Move Live come about?

D:H: For us, there's nothing like performing live. There wasn't really an outlet for us, and we're like, we'll just create one. But more importantly, we wanted to connect with people. Living in L.A., you sort of live in this bubble. You're doing interesting movies, but it's not a very interactive experience. You're on set. You're doing things, but

you're not really with the audience. So we're like, let's create a show where we can just do what we love. We can dance, just high energy, all different styles of dancing, and we can do what we want. More importantly, we can have a message within the show to hopefully connect with the audience and make them feel a certain way, and that's the fun part of it is to be able to meet everybody. To meet the audience. To see them and to feel them. To feel their energy.

Compass: This is the second year for Move Live on Tour. What did you learn from the first experience that has helped you with this summer's tour?

D:H: We're going to have more audience participation, more energy. But also the costumes this

year are 10 times better. They're amazing, and the set is much bigger. More — just more. The flow of the show is more dynamic, and it's got more energy. We've put more thought in transitions and musicality. Our cast this year is very strong, and they mesh incredibly well, so it's very, very good.

Compass: You and Julianne are famous for dancing, but I understand you display other talents in the Move Live show. Can you talk about the surprises that are in store for fans?

D:H: Julianne and I will both be singing in the show. We'll sing quite a few numbers, and we sing one together at the end. You get tap. You get ballroom. You get contemporary. You get hip hop. You get singing and audience participation.

We want to give it all. We give ourselves 100 percent every night, and we want our show to emulate that. We push ourselves relentlessly, so it's a full, high impact.

Compass: What's it like to work so closely with a sibling? Is there any sibling rivalry?

D:H: It's been really good. We tease each other a lot. We've been spending more and more time together, so the more you're with someone the more you end up teasing each other, but it's pretty funny. It's a good healthy teasing.

Compass: Who's the better dancer: You or Julianne?

D:H: Without a doubt, I am. For sure! Nah. She's a good athlete. She's going all out and doing great.