

-- Speaker 1 00:00:27 Welcome to another episode of Dr. MCs self care cabaret podcast. I'm Theresa Melito-Conners a PhD level self care expert in the greater Boston area with a passion for helping others recognize the importance of caring for themselves. Today's episode is a conversation with the absolutely fabulous Joseph Corella. Joseph is a choreographer Broadway performer dance teacher and fitness instructor, but at his core, he is a teacher. He has an impressive resume. That includes Broadway productions, national tours, television shows, and more, but his proudest accomplishment is the creation of 5, 6, 7 Broadway, an all level dance fitness class. The idea was born out of Joseph's desire to create, encourage, and provide an inclusive sense of community where everyone could have a safe space to dance and start their fitness journeys. The workouts are so much fun, engaging, and you definitely work up a sweat. It is not a secret. The dancing brings me an incredible amount of joy, and I'm often recommending five minute dance parties to invite more movement into our bodies and into our self-care routines and especially movement that is joyful. I can not recommend 5, 6, 7 Broadway enough as dance is my number one self-care tool. I am so excited to chat with Joseph today and learn more about his journey and 5, 6, 7 Broadway.

Speaker 1 00:02:06 All right, let's try this again. All right. So we are now recording and you're here and you can hear us and we can hear you. Yay. So exciting. So I do have to tell you, I am so honored and flattered that you said yes to my request, to be on my podcast, because I have been following you for a bit and enjoying all the content and all the good you put out into the world. So I feel like I'm interviewing my first celebrity here on a podcast, so excited. That's a nice, yeah. So we'll, um, we're gonna, we're going to pretty much jump right in. And usually I kind of, I hope you don't mind, but I normally let the episode title kind of organically emerge if you will, but for this one, I really just want to call it oh my way. Is that, is that okay with you?

Speaker 0 00:02:56 I, no,

Speaker 1 00:03:00 I'm going to ask you why, why you say that and you can't actually see it, but I am actually rocking one of your t-shirts make life a musical, which you can't see here on the screen. That's okay. Folks, won't see this anyway. They'll just hear us, but, um, we'll definitely make sure you're linked in that folks know where to, where to find you and support you and get your swag and, and all of that.

Speaker 2 00:03:19 I love the make life, a musical teacher. It's a good slogan to live by make life music.

Speaker 1 00:03:23 I thought it was great. And I, I needed to have one of course simple. Yeah, absolutely. So I love it. So I have a few questions to ask you, and I'm so excited to learn more about you and, and learn about where oh, my Lanta came from. But, um, first, if you wouldn't mind telling me a bit about how and like why you created 5, 6, 7 Broadway and, and how that came to be.

Speaker 2 00:03:51 Yeah. Um, first of all, thank you so much for having me on, I'm honored to chat about dance. It's in about 5, 6, 7, and just everything. Um, for me, I mean, I've been dancing my whole life. Uh, I started dance when I was a kid and so dance has very much been a part of my journey. And I'm so grateful for that. And long story long, I'm just, it's held on to my true essence of who I am. It's helped me. It's still continues. You know, we've been through this, dealing with this pandemic and thank goodness for dance and movement and music. Uh, and, uh, after I had a professional performing career on Broadway and did national tours, and that was my dream, but it started to switch. And so when, like, I wasn't as happy as a youth as I was before performing and that's for me.

Speaker 2 00:04:37 Um, and I told the universe, whatever you want to do, cause I'm not making choices that seem to be making me happy if, uh, whatever you put before me I'm going to I'll do. And then teaching adults, dance fitness came into play, which was, and I had never taught like dance fitness to adults ever. And I was like, well, I said, whatever you want me to do, I'll do. And so I started teaching adults and I loved it. I fell in love. I fell in love with connecting, um, to adults specifically, and really seeing the light come on and peoples and adults eyes, a --

-- ll different ages. Um, and so that's really where I sparked the creation of 5, 6, 7 Broadway, and combining my love of Broadway. I'm a musical theater nerd all the way and combining musical theater and dance fitness together. And that's where that kind of started. And then slowly but surely, uh, it started fall. It started finding its tribe. Uh, it's cast, shall we say, we're going to say

Speaker 1 00:05:32 Cast.

Speaker 2 00:05:34 So it started to, and you know, I really devoted myself to it. It, my heart was telling me that this is what I was meant to do. And I stopped performing. I choreographed professionally, but I stopped really stopped performing and I would perform every so often, but I knew I needed to devote my time into showing up every week for this community. And here we are years later, uh, and I've created a workout video, have a YouTube channel as well, where I put out a free content there. Um, and then I also do live stream classes and it's been, it is it's really been quite a journey that I never imagined. I never imagined that this is what I would be doing. Uh, and I'm so grateful for it because it's really helped me grow as a, as a, as a human in this world.

Speaker 1 00:06:19 Absolutely. And I love that. How, like sometimes the art and the journey just unfolds and you were willing to follow that. And what you said about dance resonates with me so much. I grew up dancing dance is my passion, um, a huge part of my life and a huge source of joy for me. And when I tried to pursue it actually professionally, I was little pockets of success here and there. Um, it took the joy out of it and that audition process and that it just wasn't. I was like, this is like a sacred thing to me. And this whole world is like ruining it. That was actually like a, uh, like I wanted to protect dance for myself. And like, I was like, I cannot pursue this as a, as a full-time passion, but it's still like decades later from those early dance classes at three years old till still now, like it's still, what will always bring me joy.

Speaker 2 00:07:20 Yeah, absolutely. And I know that's the, yeah, Dancing, the world, the reality of the industry can be, uh, it's not, it's not easy at all. And there's a lot of, as we have seen, there's a lot of changes that need to be made as well. But overall your heart, I'm a firm believer that our hearts guide us to where we should go. And that's like, even when it getting to teaching for me, my heart was like, okay, it's time it, this is you've, you've done what you, what you should have done. And now it's time for the next chapter. And that's why I always use, I really encourage people, uh, to use dance as a way to connect to yourself, which ultimately connects you to life. Uh, and it allows you to, um, do what's the right choices for your life, whatever that might be.

Speaker 1 00:08:01 Yeah, that's awesome. I love it. And I'm, I'm personally very grateful that you started 5, 6, 7 Broadway because the videos, especially during the pandemic, the pandemic, and that was when I kind of first discovered you with the early on and I had purchased your, um, DVD workout and then saw all your YouTube videos. And I think it was really just the algorithm on Facebook doing what it's supposed to do and showing me ads and whatnot or people that I should see. And you were one of them. And, um, it definitely was a bright spot, um, throughout COVID and as well, you know, when you started doing the live stream classes through New York, uh, Broadway dance center, those were fantastic. I did a few of your, your early ones and you put out so much content and I just thank you for that. Cause it's, it's awesome. And I know you're helping a lot more people than just me, but for purely selfish reasons. I'm grateful.

Speaker 2 00:08:53 Well, thank you. That means a lot to me cause, uh, yeah, it's been quite a journey. So it, and with the dealing with the pandemic and everything, hearing stuff like this fills my heart. Cause it's, it hasn't been easy and I'm grateful. It's helping. Yeah.

Speaker 1 00:09:04 And so we know we talked a little bit about, you know, the dance world and the fitness world. These are not always, um, body positive, inclusive spaces, uh, not by a long shot. And I know that that is something you really strive to create, and it's evident in the, in what you put out and, you know, the dancers that you use as your backup dancers in yo --

-- ur fitness videos and whatnot. And I love that. I noticed that right away and felt like this was a safe space and that this was a person that, you know, I could take class from and, and feel, uh, celebrated for my abilities, whatever they may be. And, um, so how do you, how do you help ensure that your classes are like that? And what does that mean for you?

Speaker 2 00:09:46 Um, you know, it's, as you said it, so I know I'll speak from like my perspective from the United States. Uh, and I love seeing how fitness is around the world, by the way, and how everybody does. But especially within the United States, you see a lot of like, yeah, it's not necessarily body, body positive, it's getting better. Um, and I know for me being Mexican, Mexican American, and not seeing a lot of when, uh, growing up, not seeing a lot of people that look like me, maybe an entertainment, um, not a lot of. And so it, I I'm, uh, I'm a firm believer that it is good as a positive thing to show all the beautiful humans in this world. And I know, uh, it shouldn't be mind blowing, but

Speaker 1 00:10:26 It is mind blowing though to some, but you're onto something. I think Joseph

Speaker 2 00:10:31 And, you know, I, and I love like Richard Simmons, Richard Simmons is a, is a big, uh, role model of mine. And he really was good at, uh, showing everybody for who they are showing the beauty that in it's unfortunate that you deal with the fitness industry, that's like lose 20 pounds in two weeks or like, you know, it's like, you must, you want to look like this. And it's like, great. You just told me that I'm not, I'm not good enough.

Speaker 1 00:10:55 Which is like, all of it is like a lie.

Speaker 2 00:10:58 Yeah. It's like just a money thing and that's, but it mentally what it does to us, you know, and I'm for sure. Uh, I, I know how that feels. And that's why when creating the workout video and the 5, 6, 7 Broadway community, really just as I was teaching, it just developed into what it wanted to become all different types of people, different ages, different body types, different, all different types of beautiful humans. And it just evolved into that. It wasn't like, like, Hey, this is what I never actually even said it on social media. It wasn't like you can come one, come all. It was just like a class that's for everyone. And it really found its its team. And that's why the people in the workout video, those are all my students, uh, that have been taking with me for, for years. And Richard Simmons did that too.

Speaker 2 00:11:41 And, uh, you know, it's showing the people that I, and I did, I don't, I don't want to say this out loud to, you know, it does spark, I didn't, I, the workout video is a show. Don't tell, like I don't go get on and go and look at all these different types of people and Leanna, like, I'm just like, here we are. And you know, like in showing that, and I'm really grateful that you see that. Um, but I have gotten some, some messages and some negative reviews about, uh, the people in the workout video and, and I've, you know, it's, and I'm like, well, at least it's sparking, it's sparking something in you. And, um, I am, uh, I'm glad it is, but it for sure, uh, you know, it's been, it's been a journey and I don't, I know how it feels for me to be feeling left out or to feel not a part of.

Speaker 2 00:12:27 And, um, and I'm so grateful that the work of video, what a journey, let me tell you what a journey it was to create that and put that, get that on its feet on its stance. And I'm so glad I did it before the pandemic, but I'm so happy for the message that it's putting out into the world beyond, like we're dancing. Like there, there is there, you know, there is things of showing all different types of people. Uh, and it's, it's, I've gotten some really beautiful messages. I have, I have a wall over here that shows I have like letters that I've gotten, and it's just always a good reminder of, you know, what, why I do what I do. And I'm so, so grateful. So thank you for, for what you said too. Cause it does, it helps me sometimes when I'm like, where am I going? What's going on? So thank you. Thank you.

Speaker 1 00:13:12 It's excellent. And I think that, you know, for me, uh, living in a larger body, I've abused my body with exercise from time to time to try to fit those societal ideals of how my body is supposed to be. And really even what a dancer --

-- looks like. Like that's a whole nother thing we can get into. But, um, so for me, I don't know, it just, it caught my attention when I saw and in a good way, I was like, oh my God, like, this is awesome. Like, here's his, first of all, he's his Broadway performer who could very easily Perpich, can you continue to perpetuate stereotypes of like what a dancer is and what it means to be fit and whatever, but you weren't. And it was immediately a welcoming environment and that's hard to portray on a screen too. Cause I was only seeing you with your YouTube videos or your, your content, um, in the, on the DVD, but also like as a self-care expert.

Speaker 1 00:14:05 And I'm always telling people like you have to move your body. Like you have try yoga. Well, it's really hard for somebody to be willing to step into that when these environments are like, no, you have to look like this. You know, you have to look a certain way or you don't belong. So I'm a big, like every body can do yoga. Every body can dance. Like, and it, yeah, you might, you may start small. Like you may only be able to do part of it or whatever you modify, but that's okay. You're still having fun and moving.

Speaker 2 00:14:38 Yeah. Dances, dances. Well, fitness is for everyone, not just the elite or what, you know, like dances for it, but being in Los Angeles, specifically starting the class and like the fitness Mecca of the world, like, you know, there is, there's somebody you go to, you know, some there's like you got to work out before you go work out. But the thing is, is that started. That's when my heart, I followed my heart, my heart was like, do this class and let it, let it go where it should go. And it was really beautiful to see because it opened doors. Um, there's a studio I was teaching at anyways prior called the edge performing arts center in Hollywood. And I grew up taking the professional dance studio, but, uh, it was so amazing when class went there when 5, 6, 7 Broadway, we went there in person.

Speaker 2 00:15:22 Uh, just so beautiful because here is a professional dance studio where you have like all these professional dancers and then you have my class and everybody loved it. And it was just so, and it is the beauty and the essence of dance. And then even, uh, when 5, 6, 7 Broadway went, Kim Herjavec from dancing with the stars, went up opening, a place called, uh, the bod in Beverly Hills, which was Richard Simmons studio. She took over his studio and then going there. And that was a big moment of being like, oh my gosh, this is where Richard Simmons taught. And this is where all that beauty. So there's just been a really amazing milestones throughout this time, but it is dance. It's still my mission as you know, dance is for everyone. And I work very hard to create an environment that is inclusive so that everybody does feel safe because it can no one ever no ever.

Speaker 2 00:16:08 I always tell my students, like you never know what it takes for someone to a, to get into class, to even in virtually, even to click, you know, to cook play well, you don't know what, what it took for someone just to do that. And we really have to support one another and help each other. Cause we're, we're, we're taking care of ourselves and that shouldn't be a, you know, there's a natural, fun, competitive competitiveness. Don't get me wrong. But at the same, like we shouldn't be like, you can't work out exactly. Like you don't fit what

Speaker 1 00:16:37 Well, and I even try, I've done a couple of reels. Certainly they haven't gone viral, like your dance competition, intro reels, which by the way, I think are hysterical. So if anybody listening to this has ever dabbled at all in the dance competition world, I think you'll find some of Joseph and his husband's videos. Absolutely hilarious. Um, it may not resonate with everyone who maybe hasn't experienced that. Um, but they definitely resonate with me. Um, cause I definitely have, um, you know, memories of those, uh, dance competitions for better or worse. But, um, yeah, , we can do a whole separate podcast episode on that, but I've done like little reels, like just being like get up like dance with me, like let's just do a little step touch. Well, let's do, let me teach you a box square, like sunlight, jazz square, like something just so simple just to get people up and into their bodies and grounded and moving and feeling good, like movement. It's my nu --

-- mber one thing. Like I'm having a stress out day at work. I'll just throw my headphones to my favorite, whatever song I'm vibing on Broadway or Lizzo or whatever it happens to be. And just like rock out by myself for five dancing. And then it's like, okay, now I can go have this difficult meeting with this family. And like, I'm better prepared for it. So it's like, it's my brain break. It's my joy, it's everything. So, um, and I think people need to find ways to do more of that.

Speaker 2 00:18:05 Yeah, I think, um, and overall I feel like the arts, there's something very in for me and there's something for everyone. And I think, I know for me, the arts have been so helpful in helping me find myself and to helping me continue, like during this pandemic, like you said, like put on that music whenever you're like, and if you need to prepare for something to put on that music some way somehow, and I had many, a dance parties in my kitchen listening, put an air pods on while I'm trying just to allow myself to have a healthy refuel. And uh, cause you know, it's it, life is the, I'm passionate about what I do because I know how it feels. I'm glad I was introduced to dance at a young age, but I do know how it feels when it's those dark moments. And you know, when, if you feel like you don't want to get up or when you're scared, whatever it is, I know for me, it has helped me push through all those things. And you know, again, even recently during the pandemic, I had a lot of anxiety, uh, I'm grateful for the 5, 6, 7 community that has helped me, helped me get up and move. Um, and we moved together and that's so important. I, I think my mission is to get the whole world singing and dancing because yeah, I think the world will be a much happier place with angry.

Speaker 1 00:19:18 How do we make this happen? that would be amazing. So you've touched upon a couple of ways that you like to practice self care with movement, and then you talking about your 5, 6, 7 community that starts to get into the relationship domain of self care and how we surround ourselves with like-minded people. I think we could even make an argument that's part of maybe your spiritual domain of self-care and feeling inspired by that and seeing your greater purpose in the world. But I'm wondering if there's anything else or what else you do to practice self care?

Speaker 2 00:19:50 Yeah. So with self care, I mean I love breath, work, breath work has been super helpful. It's something that I was introduced a couple of years ago with the workout video. And, uh, I was so stressed and wound up actually, you know, going to this class randomly and breath work was the thing that has helped me a lot. So I highly recommend breath work. Uh, but I also have been trying to do meditation more. It isn't easy for me as a dancer and as someone that loves to move around to I've had to the yin and yang, I've had to learn to try to really sit and breathe. And, uh, but I do use music. I use music a lot to help myself calm meditation music and classical music, uh, to really help me center myself and calm myself down. Um, and virtual classes have been great for me for stuff like that because there's a lot of it now.

Speaker 1 00:20:43 Yeah. And it's really given us. I always tell people in my classes, when I'm teaching about self care, I'll say, you know, there's so many options online. You don't have to make a fool out of yourself in a, in a public space. You can do it right in the comfort of your own home. And, um, I that's usually around the time when I say if you're a Broadway girl like me, definitely check out 5, 6, 7 Broadway. That usually those, usually I say those things in the same, the same, a few minutes, but um, yeah. No, it's, it's excellent. So do you have any tips for someone maybe looking to start? Um, maybe they're curious about checking out 5, 6, 7 Broadway, but there may be a little afraid to try. Do you have any tips or hints?

Speaker 2 00:21:26 Yeah, I mean, I mean for sure with anything and you've kind of already touched on it where it's just like, I think the luckily with virtual, I do virtual classes now and I, I love virtual classes myself beyond teaching 5, 6, 7 Broadway, but just so you know, virtual classes are so great, uh, because they allow you to do it from the comfort of your home and you can also make modifications, whatever it is. And, uh, we'll, you're dancing with people from all around the worl --

-- d. So there's that. And in real time, which I actually really appreciate myself with other virtual classes, uh, having that connection like that. Uh, but also too, I have YouTube stuff. And so I highly recommend giving that a try with an in the workout video as well, but like I, with anything I always would recommend giving it a try, try it a couple times, see how you feel, allow yourself. And even if it's maybe as much as I want you to do 5, 6, 7 Broadway, maybe it as a stepping stone to something else for you. Uh, but I, I do believe in giving something to try and then going from there, but I, I, for sure, uh, can't recommend 5, 6, 7 Broadway enough to come and to dance and to let go and really, uh, just have a good time and sweat. It's so good to sweat. I call it glitter. Sweat is glitter.

Speaker 1 00:22:35 Absolutely. And I know, you know, I will say in your videos cause I've watched several of them. Um, you do give modifications. So like you may be jumping around doing jumping jacks or whatever, but you'll always show kind of, you know, a modification that folks can do if that what's being demonstrated is too intense or they want to build themselves up to that. Or they're just not feeling that movement that day. Like there's definitely, you can take it down a notch as well.

Speaker 2 00:23:00 Yes, absolutely. And you know, that's why even I recommend the workout video because the workout video shows the class and giving that a try. And then if you're like, I love this. I really want to do more for come take a livestream class with me. I do them every Saturday, uh, most of the time, but you can find all the information at 5, 6, 7 broadway.com and that has everything there. And you know, I just want to say like, whoever's listening that dance is truly so powerful. And I know for me, it has helped me in my life so much and fight. And my, the creating 5, 6, 7 Broadway, it really is a place for everyone. And like we said, with modifications, I really worked to create, uh, an inclusive environment, uh, and make sure that, you know, and it does a dance, a discipline, but that it is something that you can come have fun learn. And it, I know for me, it has helped me in my, in my everyday life. And it has helped me to sit here and chat with you right now.

Speaker 1 00:23:56 I love it. All right. So tell me the story of how oh, my Lanta came to be,
Speaker 2 00:24:05 So, oh my Lanta, first of all, I'm a nineties, I'm a nineties kid. So I loved, um, uh, I loved full house. So growing up full house, it's actually from full house

Speaker 1 00:24:17 And I didn't realize

Speaker 2 00:24:20 It either. So I actually did not know it until, and I was doing, I was doing an interview years ago, uh, for a new segment for 5, 6, 7 Broadway. And it was live and in the moment, and it was super early in the morning and I'm not going to pretend that I have like the most, uh, cleanliest like, come out here and there. And I knew, and I was on the news. I wanted there's the newscaster was being so fun and crazy. And they, you know, it was being outrageous and for, for, for entertainment purposes. But I was like, I wanted to say a curse word. And instead I was like, oh, cause I was like, do not curse, do not curse. And then it stuck. So anytime I want to say, say something else. I say, oh my Atlanta, and now I can't now I can't help it. But my husband was the one that was pointed out to me. Cause I didn't realize in the moment he was like, you realize that's from, you know, full house. And I was like, what? And I was, I thought I had like the word he's like, no, that's from full house. So I was like, there you go.

Speaker 1 00:25:21 Oh my God, it was in the subconscious somewhere. And you just managed to retrieve it and didn't even realize it. Oh, I love it. It's it's hysterical.

Speaker 2 00:25:28 I, I, yeah, that interview was hilarious. Cause she was, she was doing some crazy something crazy. And I didn't know what to say except, oh my Lanta.

Speaker 1 00:25:37 It was really funny. And I hope, I hope my husband doesn't mind my sharing this, but we, I was listening to your videos and doing one of your dance videos upstairs. This is early pandemic and I had the music blasts or whatever, so he could hear it in other parts of the house. And um, like I, I heard, had heard you say, oh my land or whatever. And I thought it was really funny, but I really like whatever --

-- . I just, I didn't realize Jeff could overhear everything also my husband. And so one day like some like, you know, at a different time, he turns around and was like, oh my Lanta. And I was like, oh my God, you could hear Joseph. Yup. I could. I'm like, I love it.

Speaker 2 00:26:13 I say it all the time, all the time. I can't, I mean, it's a years that I've been saying it now.

Speaker 1 00:26:17 It's very cute. And like I said, I was out in public recently and uh, someone I heard someone else that was like in my group said it, and this is like somebody I really hadn't, um, spend a lot of time with in social situations, a friend of a friend sort of thing. And she said, oh my Lanta. And I was like, are you a 5, 6, 7 Broadway fan? Like how did you? And she was like, she was, she is, I was so excited. So like, I feel like, yeah, maybe it started in full house, but I dunno, I think, I think it's yours as far as I'm concerned. Oh my God. I thought it was amazing. So, um, I do want to make sure that folks know where to find, you did say 5, 6, 7 broadway.com, but you're also on social media. So what are the best ways and places we can find you?

Speaker 2 00:27:03 Yeah. So if you go on YouTube 5, 6, 7 Broadway, the Instagram is 5, 6, 7 Broadway, I think. Yeah. Tik TOK should be Tik. TOK is, has nothing to do with 5, 6, 7 Broadway, really? But you'll like, uh, you'll find some crazy dance competition entrances, uh, on there. But yeah, and everything, if overall all the social media handles and anything with the workout video live stream classes, everything can be found at 5, 6, 7 broadway.com. And if you have any questions, there's a contact button as well on the website and click that. And I'm happy to answer any questions that you might have. Um, but it will all be at 5, 6, 7 broadway.com.

Speaker 1 00:27:41 Excellent. Well, thank you so much, Joseph, for joining me here today on the Dr. MC self care cabaret podcast, it was an honor to chat with you and learn more. And I can't wait till the next opportunity where I can dance with you. Hopefully, hopefully someday in having

Speaker 2 00:27:57 I know, yes, we're going to put it out there. It is going to happen. It's going to happen.

Speaker 1 00:28:07 Oh my God. It was so much fun to chat with Joseph. I tried to keep my fan girling to a minimum, but I think you could tell how excited I was. Anyway. I love that he created 5, 6, 7 Broadway and devoted his energy and love of dance to others in this way. And his statement about how your heart will lead you in life really resonated with me. We tend to overthink and lead too much with our brains. Try leading with your heart, see how it feels and see where it takes. You get in touch with how you really want to feel and what you really want out of life. What excites you? What lights you up? What energizes you do more of that? The 5, 6, 7 Broadway classes are really so much fun. Be sure to check them out and maybe I'll see you in class sometime and do not underestimate the power of a five minute dance party.

Speaker 1 00:28:54 Get up and get moving. Thanks for listening to this episode, we're thrilled to be back with season two. Remember to subscribe and rate this podcast on your preferred player. The ratings help us grow and share the message of self-care. If you have comments, suggestions, or questions, please reach out directly by emailing podcast at Dr. MC self care.com that's D R M C self care.com and come join the cast party at Dr. MCs self care cabaret on Facebook and Instagram at Dr. MC self care that's D R M C self-care or on my website, Dr. MC self care.com. Be sure to like subscribe and love me across all my social media platforms for the most up-to-date information on self care. Thanks. Do well and be good.

Hey friends, enjoy this little bonus audio clip of Joseph and I chatting about his Tik TOK videos and dance competitions and troubleshooting some of our audio issues we were having at the beginning. Enjoy

Speaker 2 00:32:06 Was it your, I think was that

Speaker 1 00:32:08 Froze around naps and I have to

Speaker 2 00:32:11 Cut because it gave me hope. It gave me a host. So I was like, oh, it was like, you are the host. Now I was like, I was like, you are the host. I was like, oh man, am I? No Joe trust. I'm the one that was like, listen, it might in there you go

Speaker 1 00:32:29 Just flash and say my, our internet con --

-- nection is unstable. He's going to go check the, now it's saying recording in progress. Yeah. Okay. We're going to go. This has never happened. I feel bad. I don't know what's going on. We're not having any recordings to watch your language. We're not having any storms or anything outside. I don't know what's going on. Like I don't look outside. We're in Oz. It's like, oh,

Speaker 2 00:32:54 I love that. I love that. I love that. He said

Speaker 1 00:32:59 I just ignored him, but yeah, we'll behave. We do have this as a clean broadcast, so we don't want to Wilde.

Speaker 2 00:33:09 I love it. I love it. I love it. Well, it seems to be working now. Okay. Okay. Do you want me to go back to that?

Speaker 1 00:33:18 Can we hold just a minute until he comes back upstairs? Yeah. Oh, for sure. Everything's okay. On, on his end.

Speaker 2 00:33:27 I know I'll be a little, all the details of this. This happened to me for me the other day that I wound up just on my end froze. And I was like, oh my gosh. Cause it's been the storms here have been crazy. So yeah, we had like a big bomb site.

Speaker 1 00:33:44 Nice thing, whatever the hell that

Speaker 2 00:33:48 I know exactly. So it messed it. There was lots of wind and it was messing with the internet.

Speaker 1 00:33:54 But yeah, we've been having, I don't even know a nor'easter or whatever we've had. Bombsite clones to actually our two of our cars got totaled a couple of years ago in a bomb, psych launder in the winter, we flooded the area flooded and our cars got submerged in water. It was a good time. Um, yeah. So I didn't realize California's like, you're catching up. What's

Speaker 2 00:34:17 Your audio. Okay. Yeah, kind of it's it freezes for a moment and then it catches, it will like catch up. So I won't hear anything. And then it will kind of go, okay. Just so you know, coast. I'm just going to get out of the subsume. We've got full bars. I don't know what's going

Speaker 1 00:34:36 On. What's going on

Speaker 2 00:34:37 Either. There's like 18,000 trucks outside.

Speaker 1 00:34:40 Yeah. Usually when we start recording that like signals all the lawn mowers in the neighborhood to like start up. It's like, oh my God, you guys are killing me. All right. So we're back. So we're going to have him continue from taking naps. So you're telling me about your self care routine. Okay. I'm putting my camera back on. We'll see if we can so I can see you to say goodbye. I think we got through it. I think that works. Turning the cameras off. It didn't seem to have any trouble at one point it flashed your internet is unstable. I'm like, don't you do it? Don't you do it?

Speaker 2 00:35:30 Yeah. There, there was, there was moments of pause and then it would catch up. Like, I would hear you, but it would like be fast forward. So was like, but I would get there. And I was like, okay, good.

Speaker 1 00:35:39 It was like, it was coming through. Okay. So I'm my producer. Oh, is your local audio. You sound great. Oh, thanks. All right. Um, good. Excellent. So again, thank you so much. This won't actually air for a little bit, but when it does, I'll be sure to tag you and, and promote it and everything. I'll probably throw a post up. Um, you know, right now, whatever. Maybe I can show off my shirt or actually, do you mind if I, if I take a picture of us on the screen, What do print screen, hold on. I'm going to make my husband do.

Speaker 2 00:36:15 It sounds like my husband and hard hitting conversations With jazz hands.

Speaker 1 00:36:24 I don't know. I know that work. Oh, he's got it. Oh my God. That is so much fun. Did you save it? Did you get it? Oh yeah. Save to clipboard. Oh my God. All right. That's going on Instagram like that.

Speaker 2 00:36:37 That's I love it. You guys, you guys are awesome. It does. This is my husband and I like, he's the one that's always like, wait, you got to set it up like this. And I'm like, okay. He's technology. Like, he's the one that helped me for my,

Speaker 1 00:36:49 I mean, he seems like he's a lot of fun also. I, it kills me the blanche and that, um, oh my God.

Speaker 2 00:36:55 Oh my gosh. I was trying

Speaker 1 00:36:57 To, my, my husband doesn't necessarily understand the, the, um, the, the trauma of the competition world. So like I watch them and I'm dving and I --

-- ike, I'm trying to explain it to him. And he's like, okay. Like, I don't, I'm like, no, you don't get it. Like, it's fine. Like, I'm on the floor. Like Funny. I actually, I mean, obviously like countless hours, dance, recitals, competitions, whatever. Um, years and years later, I was back teaching at a dance studio. And I went to the recital. I actually called my mom and apologize. Like afterwards, I was like, I'm so sorry. Like, you want to sit through so much, like, thank you. Thank you for then she was like, she was like, I have no idea.

Speaker 2 00:37:39 Yeah, no, it's crazy. Sometimes people would be like, what? The dance competition enters is. They're like, is this real? I'm like, yeah. I'm like, we're being a little dramatic. Don't get me wrong. A little theatrical. But like, listen, I have seen some crazy stuff.

Speaker 1 00:37:53 The little like exaggerating ever so slightly. And some of them I'm like, no, this is like, this is real. Like, I'm waiting for like somebody to my like, oh my God, Joseph, they used your intro. Like

Speaker 2 00:38:05 Someone told me that they're going to there. They told me like, listen, we're doing this number actually one that I did recently, they're like, we're doing this number. Uh, I think I'm gonna take this intro. And I was like, oh my God, please do. And please film it and tag me so that I can see this. But I'm like, yeah, these aren't so crazy. It all started because my husband, we were bored and we locked down. And so my husband was the one that actually was started doing music, was on, he started doing dance competition entrances. And I was like, we should film this. This would be funny. And we're like, just bored. And here we are like over a year later and people are like, we're playing catch in.

Speaker 1 00:38:37 Some may have viral. Oh my God. So funny.

Speaker 2 00:38:41 I love it. It's so random, so random, but they use so much. I appreciate it. And I'm glad we got to chat and thank you for all your support. It really. And your kind words. It means a lot to me.

Speaker 1 00:38:49 I appreciate it. And I do feel like I had my first celeb interview. And then I saw your, your on pod match. I just signed up for that over the weekend. And they're like, oh, chef Joseph Corolla. I'm like, I already got him scheduled, but I was like, that's cool. You're good. It seems like a legitimate thing. Yeah.

Speaker 2 00:39:07 It's been great. It's really connected me to some really, you know, it's, it's like sifting through still sometimes, but overall I've been, you know, cause I feel like I want to be chatting more about the journey and about dance and really trying to get that out there. And a pod match has been super helpful. The guy that owns it fun, so great. I'm like he's, he's easily accessible and I highly recommend getting on the community page. So there's a community page and if they have, they have all these events you can do.

Speaker 1 00:39:36 Cool. Well, thanks. Have a lovely rest of your day. Um, we're winding down the day here in Massachusetts, but you're around, you're still a mid-afternoon early afternoon, so We'll have fun and thank you. And I'll keep you posted on when this is going to air and all of us, like I said,

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