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Fit, fun and fierce on the pole

November 05, 2010, 02:28 AM By Bill Silverfarb Daily Journal staff

Shelly Lamb is a child of the '80s.

Actually, she was born in the 1960s, but when she dances she likes to twirl to the music of the Scorpions and other rock songs from the 1980s — the decade of decadence.

Lamb, 47, is a certified fitness, dance and Pilates instructor who has taken to the art of pole dancing. She teaches pole dancing at two local studios and has been busy in recent weeks preparing two routines for the United States Pole Dancing Federation's West Coast Championships at the Fox Theatre in Redwood City Saturday.

Lamb will be battling 11 other women for the right to compete in the national championships in New York City next year.

Lamb teaches pole dancing at Shelly's Pole Studio in San Francisco and another studio in Redwood City.

"It is an insane workout for those looking for alternative forms of fitness," Lamb said. "It is a great workout but you don't think about it when you are on the pole."

At her age, Lamb is used to competing against women more than half her age, although she does not consider herself to be a competitive person.

One of her opponents for the West Coast title, however, considers herself to be very competitive.

Stacy Levichev dances at Poletential, a Redwood City studio, and grew up dancing ballet. Although she has only been dancing on the pole for about seven months, her audition tape was good enough to qualify her for Saturday's event.

"Yes, I'm competitive. I want to win," Levichev said.

Levichev is only 19 years old and graduated from Palo Alto High School in 2008.

She went to Poletential for the first time earlier this year because her mother brought her there.

"I was apprehensive at first because of the perception pole dancing has," Levichev said. "But I fell in love with it right away."

Levichev, who studies neuroscience and physiology at the University of California at San Diego, was born in Russia and grew up in Israel, where she was classically trained in ballet.

She likes pole dancing better than ballet, however.

"In ballet. You are never good enough. The pole dancing community is very supportive, unlike ballet," Levichev.

Poletential opened in 2006 and is owned by Pam Courcier and Christina Kish.

"Pole fitness and dance is an amazing combination of self-expression with physical challenge whether you are doing it for a regular workout, performance or sport," Kish said. "As a sport, pole fitness and dance challenges athletes on an entirely new level and the performances are an 'edge-of-your-seat' thrill-ride to watch."

Dancers will be judged on two routines, a shorter compulsory dance and longer, more freestyle form of dance.

Lamb will be dancing to Robert Palmer's "Addicted to Love" and the Scorpions' "Still Loving You," big hits from the '80s.

Levichev will be dancing to more contemporary music, however.

She will be dancing to Puscifer's "Rev 22:20" and Pink Martini's "Veronique."

Levichev has most of the technical aspects of her routines down and is working on being more expressive on the pole.

The competition is 7 p.m. (doors open at 5 p.m.), Saturday, the Fox Theatre, 2223 Broadway, Redwood City. Tickets range from \$45 to \$85.

Bill Silverfarb can be reached by e-mail: silverfarb@smdailyjournal.com or by phone: (650) 344-5200 ext. 106.



Left: Michael J. Costa/Daily Journal, Right: Photo courtesy of Poletential
Shelly Lamb, left, is a certified fitness, dance and Pilates instructor at two local studios and has been busy in recent weeks preparing two routines for the United States Pole Dancing Federation's West Coast Championships at the Fox Theatre in Redwood City Saturday where Stacy Levichev, right, will perform.

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