

**Great NYC Walks**  
 By: Sarah Bruning  
 July 12-18, 2012 issue



## Dance walk

Amy's Bread

**GOOD FOR: ANYONE FOOTLOOSE AND FLEXIBLE**

**Start:** 213 W 40th St between Seventh and Eighth Aves **End:** 20 Lincoln Center Plaza at 63rd St **Time:** 5 hours **Distance:** 2.1 miles

1 Dancers are notoriously tough on their feet, so prime your peds for a day of busting fierce moves with a deluxe pedicure (\$50) at GC Salon and Spa (213 W 40th St between Seventh and Eighth Aves, second floor; 212-750-0808, gcsalonandspa.com). In addition to the usual polish job, your tootsies and legs will be pampered with a ginger-rice exfoliant and house-made oil blends, as well as a ten-minute reflexology session.

2 Tony Award-winning triple threat Sutton Foster recently traded tap shoes on the Great White Way for ballet slippers on TV's *Bunheads*, but she still frequents one of her favorite Broadway-adjacent eateries: Amy's Bread (672 Ninth Ave at 47th St; 212-977-2670, amysbread.com). Nosh on a few

Foster-approved treats; she's tweeted about her love of the bakery's chocolate Chubbie cookies (\$2.75) and monkey cake (slice \$4.50).

3 Whether you're a hip-hop junkie or a lyrical devotee, you'll need the right gear before you can hone your technique. The Capezio flagship store (1650 Broadway at 51st St, second floor; 212-245-2130, capezio.com) supplies practitioners of all levels with footwear (from jazz oxfords to ballroom heels), men's and women's tees, camis and leotards. Just for fun, slip on a pair of pointe shoes and show off your best arabesque at the in-store barre.

4 Instead of spending hours staring at Cat Deeley and studying the lithe contestants on *So You Think You*

*Can Dance*, perfect your own twists and turns during a class at the Ailey Extension (405 W 55th St at Ninth Ave; 212-405-9000, [alvinmailey.org](http://alvinmailey.org)), the recreational arm of the renowned Alvin Ailey American Dance Theater. Instructors cover all skill levels and genres, but African dance and samba, both of which feature live drummers, are among the most popular.

5 Time to let the pros take over. The Paris Opera Ballet performs Romantic masterpiece *Giselle* through July 22 at Lincoln Center (David H. Koch Theater, 20 Lincoln Center Plaza at 63rd St; 212-721-6500, [lincolncenter.org](http://lincolncenter.org)). You might be tempted to use your newfound knowledge to analyze the grand leaps and plés of the company's 154-member corps, but you won't find much to critique.—Sarah Bruning