

Break a sweat

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Andrew Hicks, left, a rising senior and tight end on the Green Wave football team, goes through cool down exercises during an Introduction to Dance class in McWilliams Hall.

“If you’re into dancing it’s great, but it helps with movement, too,” says Hicks. “It’s like another workout. You break a sweat.”

The course is taught by Beverly Trask, associate professor in the Tulane School of Liberal Arts' Department of Theatre and Dance.