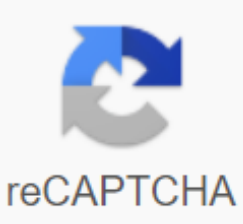




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## Dancing with the stars 2020 host fired

For many Dancing with the Stars fans, learning that Tom Bergeron and Erin Andrews weren't asked to return to season two 29 this fall came as a huge surprise. Tom first broke the news, tweeting on July 13 that ABC had just informed him that the show would go ahead without him. It's been an amazing 15 years and the most unexpected gift of my career. I'm grateful for that and for the friendship they've made. That said: Now what should I do with all these shiny masks? he writes. This content is imported from Twitter. You may be able to find the same content in another format or be able to find more information on their website. Erin also kindly accepted the ABC's decision. 'I'll always take care of my days on this set, even if I wasn't the best at walking in heels,' she wrote on social media a day later. As viewers adjusted to the initial shock, the network immediately made another big announcement: Tyra Banks will be the show's 29 standalone hosts and new executive producer. Of course, Tyra's past hosting credentials for America's Next Top Model and America's Got Talent make her an exciting choice for the concert. Still, some fans remain to wonder why ABC is refusing to say goodbye to Tom and Erin all together. Why is Dancing With the Stars firing Tom Berron and Erin Andrews? The most likely explanation? Ratings and number of viewing tasks. While both are expected to decline to a certain extent over the years, the last season 28 finale saw its smallest TV audience, 7.8 million, according to The Wrap. What's more, the season averages 6.7 million viewers - by contrast, Dancing With the Stars in its most popular days, used for an average of more than 20 million viewers, according to CinemaBlend.com.At the time the ABC made the announcement, the network claims it's moving in a new creative direction, which probably means they want to switch things up to see if it can help the viewer change the popularity of the show and the crowded. After all, Tom has been on the show since his debut in 2005, and Erin joined him six years ago. This content is imported from Twitter. You may be able to find the same content in another format or be able to find more information on their website. Executive producer Andrew Linares recently elaborated on the decision. According to US Weekly, on the Virtufol panel, according to US Weekly, he said the show should continue to evolve. I think the host change was all about evolution, it's about feeling fresh, making it feel fresh, feeling new and somehow making it stretch - maybe to a new audience, and to the audience that's been there for years, he explained. Andrew also mentioned why he was inclined to bring Tyra and have one receiver instead of two. that this is a new pace, in terms of faster and just feels different. I think there's a real real one. when a show has been for a long time, that audience almost gets bored with the beat. Doesn't mean there's anything wrong with that. It's a little boring - his rhythm. So I think it changed the rhythm of the show in a really exciting way. He went on to praise Tyra for the incredible work she has done so far, calling out her energy and experience in the business. Of course, Tyra's huge success as creator and host of CW reality show America's Next Top Model cannot be ignored. Although the show has received back in recent days due to a series of problematic exaggerated clips, an abnormal popularity of ANTM in the early and mid-2000s cannot be denied. Not to mention, Dra also scored her own show, which garnered two days of Emmys. Needless to say, Tyra knows what it takes to make good TELEVISION - and the ABC recognises her talent. Meanwhile, Tyra is very humbled by the opportunity. With Glamour, the supermodel admits she has serious shoes to fill when it comes to replacing Tom and Erin. Signing with Dancing with the Stars was a big decision, and unfortunately she got a lot of online flack. While many fans simply expressed that they would miss Tom and Erin, some went so far as to claim that ABC had hired Tyra only because of the recent Black Lives Matter protests and the fact that she was a black woman. This content is imported from YouTube. You may be able to find the same content in another format or be able to find more information on their website. It actually hurts me that people think I'm hired because I'm a black woman, she said. [The show] reached out to me many, many months ago before any of the racial unrest happened. And that was something I had to think about for a while, because I knew there was a lot of responsibility to come to an institution. She went on to call Tom a genius host and said she wanted to make sure that when she took the job, she could bring something new to the show. This content is imported from Instagram. You may be able to find the same content in another format or be able to find more information on their website. This is not my executive producer on America's next model, she clarified. I'm going into something that's already there, and I'm doing some tweaks. When it comes to skeptics, Tyra implores them to give her a chance rather than rush to judgment. I hope they say: Wow ... I was wrong about that. As for Tom and Erin, we are sure that they will continue to succeed in what project they take on further. SUPERCHARGE YOUR LIFE WITH ALL ACCESS TO GOODHOUSEKEEPING.COM This content is imported from {embed-name}. You may be able to find the same content in another format or more information on their website. This content is created and supported by a third party and imported on this page to help users provide their email addresses. You may be able to find more information about this and a similar content on piano.io Patrick Giardino Dancing With the Starspro Cheryl Burke shows you how to burn calories on the dance floor. Recognition: Most of us weren't born with the flexibility of an Olympic gymnast, and that includes DANCING With the Stars pro Cheryl Burke. I'm not one of those girls who can just land in a split, says Cheryl, 28. I need to warm up to be flexible. Before starting in a dance workout, Burke recommends doing this eight-minute warm-up routine that stretches and strengthens muscles around the hips, hips and ankles. Three days a week, it starts with two minutes of jumping jacks and dives into these movements. DWTS-style current – strictly optional! Advertising ad Credit: Patrik Giardino Benefit:Strengthens and stretches hips, hips and glutes How to do it: Stand with legs a little wider than hip-width, it turned out that legs. With your hands on your hips and back straight, lower buttocks to the ground until you feel a stretch in your hips. Pulse, which moves slightly up and down, for 10 pieces. 30 to 60 seconds; Repeat. Credit: Patrik Giardino Benefit:Stretching and strengthening legs and ankles How to do it: Expand your right leg, point to points and type the entire alphabet in lowercase, using your right leg as a pen. Rest for 30 seconds. Repeat the alphabet in uppercase letters and a larger motion range. Repeat with your left foot. Advertising credit: Patrik Giardino Benefit:Stretches calves and strengthens glutes and hips How to do it: Stand facing a wall or bar, off hand. Take a step back with your right foot and descend into a chess squat. Lean into the wall to feel a deep stretch in the lower calf. Hold for 30 seconds. Repeat on the other side. Credit: Patrik Giardino Benefit:Stretches back stand with hip-width legs apart. Descend into squats and place your hands on the hips. Back with an arc (A). Clamp abs by pulling the navel to the spine and round spine to the ceiling (B). Repeat 15 times without going straight. 30 seconds; Repeat. Credit: Patrick Giardino Now that your muscles are warmed up, bust move and toned everywhere with this salsa workout. Salsa is based on 3 pieces, making it one of the easiest dances to learn, Burke says. Do this routinely four times a week for 20 to 30 minutes. To keep the heart rate up, repeat the side step (see next slide) after each movement. We break down the footprints here, but we try to stretch naturally. Advertising credit: Patrick Giardino Starts with a foot together. Come out with your left foot turning weight on the left leg (A). Step on the spot, place, weight and thighs back to the center; left-footed centers (B). Repeat, we're going right. Keep your hands bent to about 90 degrees and swing them to the beat. Do the sequence twice. Credit: Patrick Giardino Home with his feet together. Repeat a side step, but until you step to the left, let the left hand rise to shoulder height. Step into place and move your left hand back to the body as you step on your left leg. Repeat, step to the right and raise your right hand (A), then return the right hand back (B). Do the sequence twice. Credit: Patrick Giardino Home with his feet together. Cross the body with your left foot, crossing in front of the right (A). Step and rotate clockwise on the right foot and land with your left foot to the right (B). Repeat, right foot. Keep your hands tilted 90 degrees and swing them to the beat. Do the sequence twice. Advertising credit: Patrick Giardino Starts with his feet together. Step forward with left foot (A). Step and turn clockwise with the weight of your right foot, pointing to the left leg and trying to hold them just above the ground as you rotate (B). Land in starting position. I repeat, you step forward with your right foot and turn counterclockwise. Do the sequence twice. Credit: Patrick Giardino Home with his feet together. Step left front and right, rising to a ball on the right foot (A). Step right foot forward to the left; transversely on the left leg in front. Turn the right leg (B) as you step in front of your left leg, ascending to a ball on your left leg. Repeat steps, move left. Do the sequence twice. Credit: Patrik Giardino step left foot out so that the legs are shoulder width off, roll shoulders back and curve backwards (A), then hunch them forward for a pulse (B). Again pulsating the shoulders, step right to left, then pulsating for the third time. I repeat, starting with the right leg. Do the sequence twice. Advertising credit: Patrick Giardino Starts with his feet together. Step forward with your left foot, allowing weight and hips to move with the body (A). Step right foot in place; return to the center. Step back with your right foot. Step left foot in place; back to the center (B). Make the sequence twice; starting with the right leg. Credit: Patrick Giardino Start with his feet together. Step diagonally with your right foot to cross the body (A), swing weight backwards and let the hips roll with movement. Step to the left. Right foot back to starting position. I repeat, retreating back with the left foot (B). Do the sequence twice. Twice.

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