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Photo: Photo Media/ClassicStock/Getty Images Hot Bod is a weekly exploration of fitness culture and its adjacent oddities. Puttering inside with my nonessential roommates, the world comes in through a pinhole. Inside it's slow and contained and watchful; outside, everything ricochets at an impossible speed. One roommate is delaying her band's tour and teaching us poker. I'm making endless batches of soup stock, we listen to a podcast about the supply chain failing local hospitals. The sense of parallel realities is like being tucked into a drawer and stretching our necks to glimpse the world through a crack in the wood. It doesn't feel possible to be cozy and terrified, to be distanced and essentially helpful. But impossible things are happening all the time, both things at once. The both-ness is maybe why the most connected and alive I've felt recently is DEMON DANCING TO SAD-ASS SONGS alone, with my roommates, with my partner, alone again. Within these current limitations, DEMON DANCING TO SAD-ASS SONGS recalls a sense of collective catharsis I miss so much, while surrendering to the peculiarities of carousing alone. It lets me go wild in both directions at once. As a qualifier, SAD can be any mood in the moeey pageant of yearning, heartbreak, disaffection, disappointment, loneliness. As an action, DEMON DANCING should be evident, but I can't describe it, because when you are DEMON DANCING there is no accounting for how your limbs join to the rest of your body. You will only know you've been DEMON DANCING after you've done it because you're panting and your hair has sent you a postcard from a Santa Ana wind tunnel. Your heart will have left your body and replaced itself with a brawny double. Being both overly sensitive and overly social, this current crisis isn't my first rodeo with DEMON DANCING TO SAD-ASS SONGS. I've deployed "Running Up That Hill" on a playlist at a birthday party where I didn't know anyone except the friend who brought me. For years in fitness classes, I've tracked dance remixes of late-1990s melancholia (e.g., the DJ Miko remix of 4 Non Blondes' "What's Up?"). Aerobic instructors, in their infinite wisdom about BPMs and breakthroughs, invariably queue up this micro-genre at the end of classes. I get it. It takes the right atmosphere — depleted, exhausted, receptive — for the SAD-ASS SONG to work its alchemy. That exact atmosphere is immutable right now. The atmosphere is very exhausted. It's very thirsty for heightened sensations. I miss the presence of people who I love and people who I don't know at dance-y parties and sweaty dance classes. So in their simulacra online — Zoom parties by nightclubs, dance parties by DJs, fitness raves by favorite instructors — I have a gross romantic craving to be inconsolable. Wallowing in my feelings, moving my body so it seems deliberate. That's what DEMON DANCING TO SAD-ASS SONGS is all about and Cyril Hahn's "Say My Name" remix is its essential soundtrack. It excavates the frustration and defeat that were there along and brings them to the head. I call a favorite instructor from Madre, Shantani Moore, who used to instruct me to bounce on a miniature trampoline with firm encouragement and deviantly good playlists. "To get that cathartic sob on the trampoline, you start really deep and simple and continue to build. 'Say My Name' is a great place to begin," Moore says over the phone. "It's got a lot of depth and a good beat. The lyrics are simple enough to wrap your head around in three minutes and specific enough to poke at a wound, if you need to poke at it." Moore knows me: DEMON DANCING TO SAD-ASS SONGS is a desire to poke at the wound. By design, the current situation is very removed from things. I want to get closer to something that connects me to it. Skin is thin, emotions run deep, restless energy runs high, and like a newly heartbroken person, my brain skitters to find little wisdoms everywhere, to understand it enough until I've gotten past it. Not for the first time in history, I've had the amazing idea to use songs as bait for feelings, and movements as a stand-in for action. To pick the SAD-ASS SONG that will evoke the best DEMON DANCING, first consider the tempo. If it's reasonably slow for a SAD-ASS SONG, check SoundCloud for an unreasonably paced club remix. Stray from the standards. Unquestionably, Robyn is the queen mother of DEMON DANCING TO SAD-ASS SONGS, but as queen mother, she's a little too traditional to tap into new unexpected depths. Moore recommends leaning into forgotten familiar tracks. She unexpectedly revived the pop-punk of her youth for a run: "It's not what I regularly listen to, but I was like: This is a mood. Now you just allow yourself to feel the thing." It's not quite poking at the wound, but it is ripping off the Band-Aid, airing it out. The wound is getting worse and it's healing. Or really, it's too early to tell. DEMON DANCING TO SAD-ASS MUSIC lets everything be both things, the world is terrifying and it's filled with all the things we care about. Go forth and be in both places, dance and shudder, think about everything and forget about everything. HyperBody, one of the only people who can get me to wilfully do an ab series, recommends a heartsick Kill Them With Colour remix that threads Enya with Destiny's Child. (Hyperbody is leading remote classes here.) Ryan Heffington, of emotional dance-party lore, recommends Tracy Chapman's "Fast Car" — a "Workout Music" remix here: I'm very quick to play a variant on "Wicked Game." I heard a perfect clubby remix like five years ago and it has been my white whale ever since. These two aren't it, but will suffice. This is a reminder that if a SAD-ASS song crosses your mind, like Paula Cole's incomparable "Where Have All the Cowboys Gone?", you can search "dance remix" and find something like: Shantani Moore, at Madre, and my friend Emma both mention Brand New. Emma suggests "Seventy Times 7." Something fast to move and scream to! Just Dance to the Saddest Song You Know See More Yak Films takes one track, Ta-ku's version of the Inspector Gadget theme, and shoot four styles of dance Read more Because who doesn't love dancing in the moonlight? From June to September, Chicago's Grant Park comes alive with the sounds of music. At Summerdance, a free public event, 43 live bands jam out while crowds jive to the tunes. There are also free lessons to teach newcomers how to tango, swing and salsa the summer away. From June to September, Chicago's Grant Park comes alive with the sounds of music. At Summerdance, a free public event, 43 live bands jam out while crowds jive to the tunes. There are also free lessons to teach newcomers how to tango, swing and salsa the summer away. Each year Lincoln Center hosts two back-to-back festivals in its main plaza: Midsummer Night Swing (on its 28th turn) and Out of Doors, which has been running for 45 seasons. The first teaches dancers the lindy hop and swing to live jazz music, while the second is a concert series showcasing all genres from orchestral to old-school rap. Portland may be the master at keeping it weird, but they also know how to shake it up. Head to Barrel Room for dueling pianos and live bands as well as an impressive patio that transforms into a casual dance area. And the party doesn't end when winter comes; a huge tent is set up over the courtyard, so you can dance until dawn all year long. Philly knows how to get down and Morgan's Pier is the place to do it. Its outdoor beer garden on the Delaware River has a massive dance floor that hosts DJs throughout the week and a Yacht rock party of '70s and '80s music on Sundays. Plus, there are fun games like bean bag toss and chill picnic tables where you can sit and sip craft brews. Need we say more? As part of The Music Center, Dance Downtown offers al fresco classes to those looking to learn a few moves. Next up this summer: Samba night on August 19 and Disco dancing on September 2. Every other Friday DJs spin for those who prefer to boogie freestyle. This swank club at the top of W Miami's (formerly Viceroy Miami) South Beach skyscraper is one of the sexiest places to dance under the stars. Poolside parties, celeb DJs and stiletto-wearing PYTs set the scene, but the views steal the show. When you need to give your feet a break, grab a cocktail and look out over the coast. Trust us, it's so much better than a sweaty, packed bar. If you're into more high-octane clubs, look no further than Cavanaugh's Riverdeck. Throughout the summer, the al fresco venue hosts guest DJs and themed events (including foam parties and mechanical bull rides). Bonus: You don't even have to break the bank thanks to deals like Mug night (buy a mug and fill it up for \$1), Island vibes Caribbean night and Thursday college night (\$10 open bar). We repeat: open bar, people! —Chelsea Bengier More from Jetsetter: This article was originally published by Jetsetter under the headline Where to Dance Outside. It is reprinted here with permission. We hand-pick everything we recommend and select items through testing and reviews. Some products are sent to us free of charge with no incentive to offer a favorable review. We offer our unbiased opinions and do not accept compensation to review products. All items are in stock and prices are accurate at the time of publication. If you buy something through our links, we may earn a commission. 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