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Sweet Harmony

BY CURT WOODMAN — 2026-02-22



Sweet Harmony - A Conversation with Captain Morgan

Performing across multiple venues in 3DXChat, Sweet Harmony has become one of the most recognizable dance teams on the platform. We spoke with Captain **Morgan** about the team's origins, growth, and what keeps their global family dancing week after week.





CAN YOU TELL US ABOUT THE HISTORY OF SWEET HARMONY — HOW DID IT BEGIN AND HOW HAS IT EVOLVED?

You can't talk about our history without first talking about Susiecue. Susie was our founder and first Captain, and her story begins at Redline, where she captained the Redline Dance Team. For personal reasons, she stepped away and announced she would form an independent team — one not tied to a single room or organisation. Her vision was simple: remember there's a real person behind every avatar, and let fun be the driving force. With a handful of dancers, Sweet Harmony was born on 17th November 2021. Our debut show was at Renegades — a room where we still perform today. From there, our popularity grew quickly. We returned to Redline, performed four shows for 3DX/Lovense, and celebrated our one-year anniversary back at Redline with 22 dancers synced on stage, breaking the record at the time. In early 2023, Susie stepped down due to real-life commitments. TristinaRose took over, and when real life again made things difficult, she passed the Captaincy to me in July 2023. Today, with Tris as my Co-Captain, nine Dance Leads, and an extraordinary team of dancers I'm proud to call friends, Sweet Harmony has gone from strength to strength. We recently celebrated our 4th anniversary by breaking our own record again — 27 dancers synced on stage at The Bay. We now perform 13 shows a week across European and US time zones, with just over 70 registered dancers. Many of Susie's original dancers still perform today. That says everything. Skill and precision matter — but fun is still our motivation.

DOES SWEET HARMONY FOCUS ON A PARTICULAR STYLE OF MUSIC OR TYPE OF ROOM?

Not at all. The rooms we dance in are wonderfully eclectic — blues, disco, EDM, hip-hop, classic hits, rock, trance — you name it. More important than genre is the relationship. Many of the room owners we dance for are now friends. A successful room isn't just music — it's active chat, familiar DJs, and a rapport built over months or years between owners, DJs, teams, and regulars. As Captain, I also encourage us to support rooms opened by our own dancers. We currently dance in six rooms owned or part-owned by Sweet Harmony members: - StreatBeatz - CattDavidson - The Office - RileyRye - Bar's Bar - Bartemptress - Fever Flashback Nights - JusticeBluntz - Amsterdam - NicoleHun - Renegades - Nikki Renegade *They'd never forgive me if I didn't mention them!*



DO YOU CREATE SPECIFIC ROUTINES FOR EACH VENUE?

Many room owners provide a copy of their stage so we can rehearse. While we don't create one fixed routine per room, the music style and vibe absolutely influence what we perform. This is where our Dance Leads come in. We currently perform in 20 different rooms over a four-week period, totaling 52 shows, and we have nine Dance Leads who manage that schedule. Each Lead is responsible for:

- Liaising with room owners
- Selecting outfits
- Choosing dances
- Introducing new routines

Sweet Harmony is far too big to be run by one person alone. When I became Captain, I chose to delegate. I hope that's created pride — pride in who we are and in our history. Sweet Harmony belongs to its dancers.

WHAT DOES A TYPICAL WEEK LOOK LIKE FOR SWEET HARMONY?

Busy! We perform 13 shows per week, covering both European and US time zones. Over a four-week cycle, that adds up to 52 shows across 20 rooms. Being a global team means careful coordination, strong leadership, and trust in our Dance Leads. It's structured — but it's also a lot of fun.



HOW DO YOU APPROACH RECRUITMENT AND RELATIONSHIPS WITH OTHER TEAMS?

Recruitment is everyone's responsibility. That might mean inviting friends, family members, former dancers from other teams, or even someone whose profile suggests they'd be a great fit. Like other teams that rely on real dancers rather than alts, we constantly look for new members for both EU and US shows. It's a shared challenge across the dance community, and it actually builds mutual respect between teams. There's an unwritten understanding: if a dancer wishes to move between teams, Captains discuss it first. In my experience, other teams are incredibly supportive. We unite to push boundaries rather than compete destructively.

HOW DOES SOMEONE BECOME A SWEET HARMONY DANCER?

The process is remarkably straightforward. Once a potential dancer is identified, they're given either my Discord or Tris's. They're invited to the Sweet Harmony server and made a probationary dancer. After completing six shows, learning how everything works, and getting comfortable with the team, they're promoted to full dancer status and receive their Sweet Harmony ID.

WHAT MAKES A GREAT SWEET HARMONY DANCER?

There's no magic formula. For me, it's about sharing a stage with people from different backgrounds and life experiences — people I'd never meet in my real-world life, but who I've come to cherish through 3DX and Sweet Harmony. It comes back to one word: fun. If you want to join a global family, experience some of the most memorable nights in 3DXChat, and do it all with a smile on your face... then maybe Sweet Harmony is for you.



HOW DO YOU MANAGE SYNCHRONIZING MULTIPLE DANCERS?

Having complete faith in my dancers and their ability makes the process of synchronisation relatively straight forward. Upon arriving in a room, all dancers will form a line, usually behind the dance lead. Using a script, the lead will activate a countdown from 5 to 1, and the walk to the stage will commence, with a 2sec gap between each dancer. Once the dancers are set up on their marks and partnered with the other dancers within their group, the lead will give details on the dance number. They will then give the instruction to 'SEND POSE'. The poses sent must be the 2-person and 3-person massage pose, once every group is in pose, the pose breaker will type the letter 'r' to indicate they're ready. We use the Atomic Clock to synchronise each group, with the lead giving an instruction to either 'BREAK ON' 15, 30, 45 or 60 secs. Once the lead sees a perfect sync, then everyone is able to relax and the fun within our group chat begins. Shows last for 2hrs, and there are 3 other dance changes after the initial dance. 5mins before the top and bottom of the hour, the lead will call for a ROLLCALL, where all dancers are to reply with the letter 'h' to indicate they're present and ready for the change.

DO YOU HAVE ANY PARTING WORDS FOR US?

I would like to thank some people who have been influential, to me as a person and to the team: - **Shaidy for introducing me to the crazy world of SweetHarmony. - SusieCue for her determination and vision. - BittneyBlond for her support. - TristinaRose for being my right hand and without who, none of this would be possible. My Dance Leads: AndiRose, Seona, ScoobySnow, Yimmi (the best 3rd), HelenaAngel, BarTemptress, TrinityFaith, CarolinaRed and MelissaDiamond (We miss you). A special mention, along with my love, my friendship and a huge thank you, to every Sweet Harmony dancer, you are what makes this team special. Finally, to my long-suffering girlfriend LizzyJo who has had to put up with endless broken promises, cancelled dates and provides constant advice whether I want to hear it or not. Being one of the original Sweet Harmony dancers, she understands the role I have. It seems appropriate I am writing this on Valentine's Day... I love you my BronxBuckeye.**

Sweet Harmony continues to light up stages across 3DXChat — not just with synchronized precision, but with friendship, loyalty, and a commitment to keeping the human connection at the heart of the virtual world.

With Special Thanks to Morgan



