What Dance Means To Me

By Aavni R

When I dance it feels as if all my stress and worries flutter out of my fingers and toes. It calms me down and helps me to relax. All the leaps and bounds make me feel as if I am leaping high into the sky; all the hand movements convince me that I am conjuring up a spell.

Dance has impacted me, my friends and my community by bringing us closer together and fixing all the problems which occurred. Its alright if other people like to do different dance styles because you can learn the way they dance and they could learn yours. This is one way to build friendship through dance.

Dance has influenced me to not stress and do the best I can. This has helped me to concentrate more on my work and achieve higher marks. It has also taught me that there is always more than one way to do something. If you cannot find the answer to a problem no matter how hard you try, see if there is another way to work it out and you might achieve your goal. This could apply to: dance, games, work or even friendships.

The thing I like the most about dance is that you don’t have to express your feelings by saying them verbally you can express them in the way you dance. If you are feeling sad or lonely you could do a low ballet whereas if you are feeling happy you can do leaps, bounds and twirls.

Some dances you can do alone but most dances can be enjoyed in a group. This can help build friendships and bring the community closer together.

Dance for not only yourself but for everyone who supports you!