What Dance Means To Me
By Gemma C

Dance means me. Dance means joy. It means passion, expressing your emotions, meditation, and so much more. Dance is a way to express what angers us, what upsets us, and what makes us love us. It’s a way to step out of our comfort zone without the fear of anyone judging us because we are so captivated and intensely focused on the movement of our body that we don’t care about the judging, the stares, the comments, the hate. We care about how this movement makes us feel: and it makes us feel euphoric. Dance is me. Dance is who I am. Dance is a part of me that I am grateful for. Dance is a part of me which I do not wish to erase from my life. From contemporary to hip-hop, jazz to ballet, folk-dance to ballroom dance, tap-dance to tango: it represents us as human beings that are willing to express their emotions through the movement of their body. Dance is a gift that brings unity with creativity and music. It is a form of meditation that allows us to focus on the dance, and the dance only. It allows us to stay calm in times of stress or struggle. Dance is a gift that no one can take away from me, no matter how hard they try.

Dance is the state of moving freely with purpose in each small movement. When you perform in front of an audience, the meaning behind your dance can cause tears to stream down witnesses’ cheeks as well as your own. This shows the power that our dance holds. It is an emotional release: we are able to let out our sadness and frustration through these movements that seem meaningless. People will mock, people will laugh, people will hate. But as long as dance exists, I know that I am fearless, I am powerful, and I am unstoppable. When anxiety, confusion or anger tries to pull me down or mute my voice without completely knowing who I am, I rise up and I dance. I dance to let my feelings out. I dance to overcome my fears, obsessions and frustrations. I am more than what meets the eye. I am more than that: I show who I truly am through the movement of my body in an activity we label as dance. My journey forward will not slow nor stop until I am able to express my full self to everyone through this one activity. Maybe it is labeled as one, but within that one is many powerful, individual and different genres of that one label: dance. And inside those many different genres holds the meaning of why I dance: it holds who I am.

Dance is just one label for many genres which also holds many reasons for me to keep dancing. I dance because it is who I am. I dance because it brings peace to the rollercoaster in my mind. I dance because it makes me feel bulletproof.