What Dance Means To Me

By Yashmitha B

To many people dance can just look like a chain of movements, but to me it represents so much more. Yes, dance is a chain of movements, but behind each of every move, there is a story and movements which are used to represent it. As a dancer, dance is like an escape place for me because I can put all my feelings and concentration into each step and forget about everything that is happening around. Dance is like my best friend; you can do it anywhere and everywhere.

Dance does take up most of my time: I might be performing, I might be taking a dance lesson, attending a workshop, preparing for grade exam or practicing at home. I might have to reject other plans for the day but I am ready to not let anything disturb me because dance is my passion.

Dance has made me a much more active, lively and outgoing person. It has got me out of my comfort zone, made me achieve things I would have never dreamt of and gained me various opportunities. It has made me a much better person and has changed my life for the better. Even when I am free, I am always moving about and singing to the rhythm of the dance.

It feels great dancing as this form of art has no rules and I can just let go. My body is in moving along and in the flow. It feels great to put energy into various parts of the body, move them about and let the rhythm and music wash over you.

Not only does dance have health benefits, it has social benefits too. I have made many more friends who I have laughed and learnt new things with them. I have met several people who have contributed to my dance journey whether it is dance teachers, friends or parents.

Dance has also provided me with an identity, I feel good for being known for something I love and it is always heart-warming when people come up to compliment me. Their words motivate me to become an improved version of myself and a better dancer.

I love it when I perform on stage, it is such as a thrill. I feel amazing and proud because I can finally showcase my love for dance and all the work that has put into it has paid off. Knowing everyone is watching me while I am showcasing my dance is what I enjoy the most.

Overall, dance has made me a healthier version of myself, I have grown, faced new challenges, been given more opportunities, performed what I love best, made new friends, become more active, always have a permanent best friend, have an escape place and so much more. This has all happened because of dance. I love dance and this is what dance means to me.

Thank you.