



Dancing

By: Kimberly Lau



Dancers...Smiling,
pure bliss.



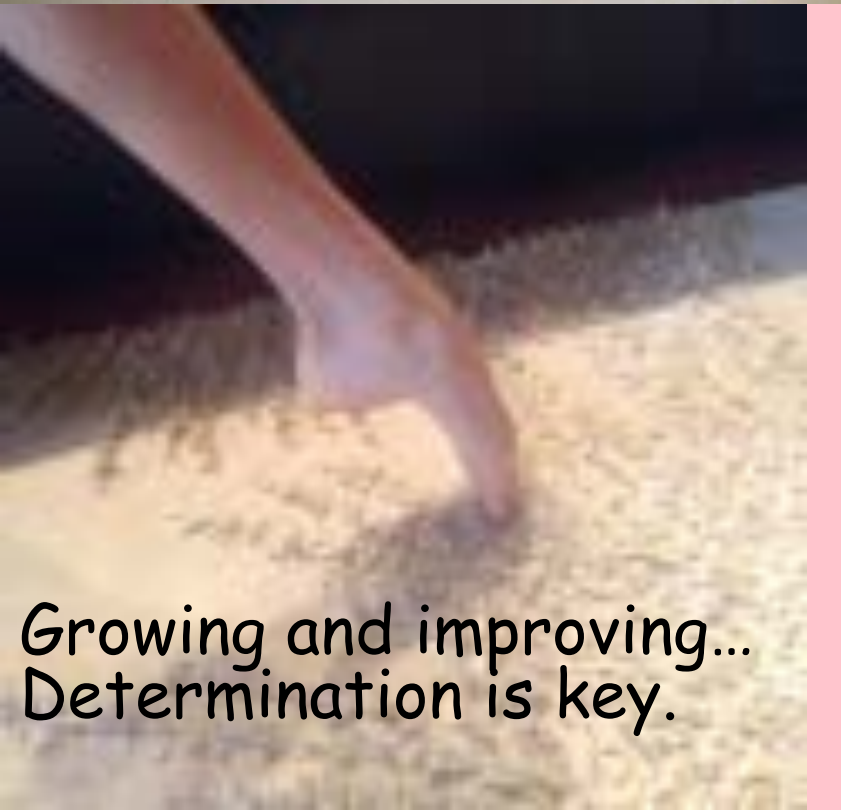


In the studio, all their lives...



From the beginning





Growing and improving...
Determination is key.

Together, with my dance family!





Determination, Hard Work and Dance!

By: Kimberly Lau

I walked into the Dancing Divas and Dudes dance studio. The air smelled of sweat, feet and hard work. I knew today would be a difficult day because the recital was getting closer and closer. Once everyone arrived, Miss Julie, my dance teacher shouted, "Come in older girls! I really hope you practiced!" Quickly, the mirrored room filled up and just as everyone had their top hats ready in their spots, the song started. We danced our hearts out, kicking our legs at the same height, just like the Rockets. When the dance was over, we were on our knees, gasping for air. Gallons of sweat seemed to be falling onto the floor.

"Josephine looks a lot better than you. Her technique is flawless. Compared to Josephine, you guys are a 2 and she's a 10." Miss Julie yelled. Josephine shyly smiled and blushed. After doing the same dance over and over again, it was time to leave. We walked over and said thank you and we all exchanged sweaty hugs. Then, Miss Julie said, "Practice, you better look just as good as her next week." We were all determined to work hard and to look just as good as Josephine.

The next week, we surprised Miss Julie with our jazz dance.

"Wow! Everyone improved! If Josephine were not my student, where would our studio be? Every dancer here looks up to her." Miss Julie smiled. I felt myself sigh in relief! There was one thing I took away from this experience. Hard work, practice and determination can lead you to something greater.

If you know me, I LOVE dancing! I've been dancing for 8 years and I now know that it doesn't matter how good you are when you start out, because hard work and determination can help you become a great dancer.

I think that determination can lead you to success. First of all, according to Shelley Allen, an author from *diddyli.com*, dancers who have the natural ability to kick higher, or pick up steps faster are most likely to get excited about dancing. But if a dancer who isn't naturally talented has determination, they can reach their goals as well as any naturally talented dancer. I definitely agree with Shelly Allen, because if you are determined to keep on dancing and you make time to accomplish your goals as a dancer, it's quite obvious that you're going to improve. Then eventually, you can be just as good as any naturally talented dancer.

Another example is that Shelly Allen explained that, "if you put your whole heart into dancing and improving, you will become the dancer you want to be." I think that this quote is very inspiring; I believe the message is that if you are determined, and you really work on improving, then you will become a great dancer.

In an interview with Katerina Corr, a dancer for 6-7 years at the American Youth Dance Theater she said, "I like dancing because it makes you let go of all your other thoughts. You only concentrate on dancing and it is like an escape from the real world. I want to keep dancing to get better and better and eventually go on pointe. Going on pointe shows that you've finally shown that you are very good and are strong emotionally and physically." She also said, "Being sure that you can do what you're doing is very important. If you don't care about your dancing and how you look doing it you will just feel like it's a chore coming to dance. You also have to be determined to achieve your goals and accomplish things like going on pointe. You have to keep trying to become better not mourn in other people's victories, keep trying." When I asked her what piece of advice she would give to her fellow dancers, she said, "I would say to never give up because sure you may think your teacher hates you, because you get the most corrections but really he or she is trying to make you better. Never give up on your dream of going on pointe because someone else went on before you."

I also believe that hard work can help you become a better dancer. According to *americandancer.org*, researchers found that 95% of the time, natural talent doesn't show who will be amazing at dancing, hard work does. I find this piece of information amazing, because even if you think you're not good at dancing, all you have to do is work hard and practice, then you can be just as great as a dancer with natural talent. Also, Jean Krupa, social dance VP at USA Dance said that, "One factor determined how much dancers improved is how much they practiced."

Amy Purdy, a contestant on the famous show on, Dancing With The Stars is known for being in the Paralympics. When she was 19, she came down with a serious disease and only had a 2% chance of living. To cure the disease, she had doctors cut off her legs. Now, she's walking with prosthetic legs. Amy Purdy danced with her brilliant partner Derek Hough for 10 weeks in the competition and her hard work really paid off. She came in second place while figure skater Meryl Davis came in first. I was truly amazed that Amy Purdy danced her way to second place, without any legs! She had said that she worked really hard with Derek, because she didn't want to let him down.

As you can see, hard work and a whole lot of determination can really help improve your dancing skills. MANY little girls have dreams of being ballerinas, but when they grow up things may get too hard for them, and then some may start to quit. A TRUE dancer would be determined to continue dancing no matter what. If you want to grow up to be a great dancer, practice on your difficulties in your technique every day and make sure to not let anyone get in your way of following your dreams.

Martha Graham, legendary dancer once said, “Great dancers are not always great because of their technique, they are great because of their passion.”

