



# Strengths and Weaknesses

By Isabella Sparrow

There are so many amazing dancers and people always say he's the best or she's the best but being the best doesn't mean you are better at all things than other dancers. I always thought I wasn't a good dancer because my jumps are not very high, but I realized being a good dancer doesn't mean you aren't worse at some things than others. I think every dancer has their own strengths and weaknesses.





Misty Copeland, the first black soloist at American Ballet Theater (ABT) also agrees every dancer has strengths and weaknesses. According to the *Washington Post*, “All the other dancers at ABT had thin legs and Misty has strong legs.” Having strong legs is a big advantage because it is easier to balance. Most dancers are really skinny and have very thin legs. Dancers bodies are thought of as really skinny so it is huge that she is this really strong dancer at this well-known classic company. According to Self.com, “She’s good at musicality” meaning your moves match the music.



I have experienced times when I feel like I'm an awful dancer because I can't do something. One time at dance I was watching this girl named Mia. She was jumping. She got really high and really pointed her feet just like daggers I thought. I am not personally a really good jumper. She is not as flexible as me I thought. So it made me feel better that we both are amazing at are own things.



Another time at dance, a girl in my class named Juliette was practicing her really high arabesque. When I saw myself in the mirror, I realized I didn't really have a high arabesque. I have a really strong core that my teacher noticed and Juliette's core isn't as strong as mine. But I realized I don't have to have the same strengths as her.



In conclusion, every dancer has their own strengths and weaknesses. Not every dancer has to be good at every thing. As I said earlier dancers don't just get criticized in what they can and can't do. They get criticized for their body types.

