

Isabella Verma

March 16, 2020

Mrs. Ranieri

Dance Honors

### I am a Dancer

I am a dancer throughout my daily life. I have understood the meaning of passion, discipline, and respect through dance. I currently understand the definition of working hard and pushing myself to be the best individual I can be. I understand the beauty of time management and organization because without it, time would be meaningless. I understand prioritizing and how it is beneficial for my loved ones and for myself.

I connect with everything and everyone around me. Whether it is meaningful or not, it connects to me and that is how I dance. I find something to connect to and I feel that. Connection is power and with power comes beauty because within dance it is very easy to see the vulnerability with every person. You see fear but determination, you see anxiety but agility, and you see stress but dignity, and what makes me a dancer is all of the above. With every beautiful, powerful, and mesmerizing dance comes the fear and the worries just before I step out on that stage. That adrenaline is what I live for because there is just that one type of adrenaline that only dancers can feel and it pushes me to be even better than I ever have before.

I am a dancer doing daily activities such as cleaning my room, doing my homework, or simply laying in bed because I move. Dance isn't just about turns, jumps, or tricks, dance is about moving through space and enjoying that time of movement. But if you appreciate simple movement that gets you through the day then you have done it all. You have respected, honored, and recognized how valuable the art of movement and dance is. Without movement such as dancing, the world will be dark. In times of crisis people turn to art such as music, drawing, and dance because it makes them feel something. Without emotions such as sadness, fear, and anger, then what is the point of life. An individual cannot live without feeling those emotions. How would they know what happiness feels like if they haven't experienced sadness for example.

The beauty of dance isn't just how pretty the movement looks on someone. In fact, the beauty comes from within. How well you can connect to movement and music simultaneously.

How you can portray feelings through movement. How you can make an audience feel the same way you do only their emotions are heightened. That's the beauty. I am a dancer because I love and I live off of connecting with music, movement, and people through the art of dance.