

Baby to Ballerina

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If a dancer works hard in their younger years, they might go from 2 year old tap and ballet combo classes to being the dance captain of the NYC performers, "The Rockettes". They may learn how to do pleas' to perfecting the dance style of pointe'. This could be you. Dance is an outstanding extra curricular activity. You do not have to work professionally! It is great for exercise, you accomplish a lot, and you learn many things.

To start off, dance is great for exercise. Dance helps you stay fit. Dancers do many exercises to help strengthen their core, quadriceps, arms, and feet. Some are crunches, planks, and stretching their basic positions. These positions are a strattle, "butterfly pose", splits (left and right), and legs in a pike. We have as much agility as a professional basketball player. Did you know, Doctors say you should get 1-2 hours of exercise a day. Most dancers do this or even exceed the amount to 3 hours of exercise. Some people may say no, they want to "sit on the couch and eat chips". But you should ask yourself: is this really good for my body? The answer is most likely... NO. Don't you want a good heart? Dance is a great cardiovascular activity. Your heart-rate will increase a lot, I can guarantee. Some people may also say that you can do this in any other "real" sport. But dance isn't just a sport... it is an art. Dance, specifically ballet, came from when there were kings and queens and entertainers were performing for the majestic titles. I bet you didn't know this. Dance could help you in the real world. Imagine this... you have done all of this hard work as a dancer but, you really feel that you should turn your life around and become a professional football player. You can! You are fit from dance and you have balance from ballet too! This is one way that dance could help you in the real world. Does this prove that dance is an amazing after-school activity?

To add on, dancers accomplish a lot. They can put scores from evaluations, or awards they have achieved, on their college resume'. This may help you get scholarships. For example, I recently went to a dance competition and my dance instructor won "2016 Best Dance Studio Director". This is something that my

studio and I have accomplished. My studio also was awarded "The Etiquette Award". This is because we showed respect to the performers onstage and backstage. This is another thing I have accomplished. My parents always say the more good grades you get, the more dance you can do. This motivates me to work hard in school. Piece by piece dance fits in with school. You can have a lot of fun dancing for your community. I once danced to fundraise for the pediatric center for the Doylestown Hospital. We raised a lot of money, but it isn't about the cash it is about the feeling. It feels so good to fundraise for a great cause, and know that you helped out just by dancing! You have accomplished helping out your community. You can even improve your social skills by making more friends in and out of the dance studio. Knowing my knowledge of dance, I say dancers have a lot of fun in their experience. You also may accomplish a title. This may get you recognized. I know it is not about fame... but it would be pretty cool to be recognized for your game! Does this prove that dance is a great extra curricular activity?

Also, during your dance career you learn many things. You learn different languages. If you learn vaganova ballet you will learn Russian. This is what I learn. You will learn how to tendu', pique, releve', and battement. These are the easier of the moves, so you will learn them earlier. You may also learn French in ballet. If you already know French and if you have to take this class in school, you will be a somewhat leader in the class. So in a way, ballet is connected to getting good grades. During your dance experience you will learn to have great posture. With practice daily you will be keeping your chin up wherever you go. Dancers also learn discipline. We learn to always be on time, correct mistakes, and even use your manners. These things may seem surprising to a non-dancer, but it is the truth...seriously! You also learn your right from your left when you are in baby classes. You also may learn many different styles of dance. I take jazz, tap, ballet, hip hop, acrobatics, lyrical, musical theatre, and rehearsals for my dance team. With a busy schedule, like me, you will learn great time management skills. For instance my schedule is, at 3:45 I start my homework, at 4:30 I start getting ready for dance, and at 4:50 I leave the house. I like to show my school friends things that I learned in dance. Such as songs, dance moves, and new words. A basic step is pas de chat (step of the cat) **said: pa-duh-shah**: you just jump and point your

feet one by one at your leg. Another is changement **said: shongema** : when you put your right foot in front and your left foot in the back turned out and you just keep on jumping and changing them! These are some basic steps you will learn. Now, does this prove to you that dance is a great activity?

To conclude, Dance is a great extra curricular activity. Dancers stay fit, they accomplish a lot, and they learn many new things. The dance studio right around the corner from your house is waiting for you. They are practically calling your name. Why not? Go try dance! As you can see, it is a great after-school activity. Never miss a chance to dance!