

Amber Thompson

Instructor's Name

ENGL 1013

Date

Dancer Delight

Dancing has always been a sport I love doing. Dancing gives me a thrill and rush of adrenaline. I love the flexibility skills, costume design, and performances involved in dancing.

First, I enjoy dancing because of the adequate flexibility needed in order to practice. Flexibility ranges from stretching to balancing. In order to stay limber, I practice over chairs and ballet barres. I usually stretch after a good workout in order to loosen my muscles. I have learned the more warmed-up my muscles are, the better the outcome. Most stretches require an angle of forty-five degrees to ninety degrees, and I enjoy using these stretches to enhance my balance.

Second, aside from liking the flexibility skills involved with dancing, I also enjoy dancing because of the costume designs. I love the way that all the costume designs are abstract and spunky, and my favorite designs are costumes with sequins and sparkles because I love how the sequins make the piece look spectacular and flashy. I love to mix and match costumes such as sequin tops and bell-bottom pants because I love costumes with different looks for different dance styles. I also love how the costumes' hues can range from blue to just about anything else on the color wheel.

Finally, I like dancing because, along with enjoying the costume choices, the overall importance of dancing to me is performing. Performing in front of peers, family, and competitors is quite entertaining. Performing live gives me the ability to show off the

choreography that I have learned. Showcasing is like the icing on the cake. Striving to dance correctly with minimal errors is the focus of performing that I enjoy. Seeing the flashing lights and trophies makes me more competitive and determined.

In conclusion, dancing is exciting for me. The flexibility I get from dancing helps me gain more strength in my stretches and overall become a better dancer. The costumes glisten and add a piece of personality. The performances help me gain confidence, and they are something I adore doing.