

Winning Entry

Essay by Lucy H

### **What Dance Means to Me**

Freedom, expression and confidence; that is what dance means to me.

To any other person, dance could just simply be defined as moving rhythmically to a piece of music. However to me, dance is a beautiful experience, providing the ability to pursue expression and emotions through various movements using my creativity and imagination.

If I had been asked several years ago to describe my connection with the outer world, I possibly would have replied with “isolated” or “confused”. As a very self-conscious person, I found it incredibly difficult to involve myself with others - I wasn't part of a community. Moreover, this awareness forced me to blend in with everyone, becoming faceless in a crowd of loneliness, desperation and despair, until I found my passion, and an emotional release was prompted inside of me. Dance.

Furthermore, this passion has helped me evolve as an independent individual, allowing me to channel emotions, thoughts and feelings through physical expression. It has allowed me to channel memories, experiences and stories through the imaginative movements within my body.

If I was asked today to describe my connection with the outer world, I would definitely reply with “free” or “confident”. As a now more optimistic person, I am able to involve myself whole-heartedly in both wider dance and community activities feeling no former resilience. Dance is my canvas, without any rules or setbacks. I may have been born faceless and self-conscious, but I grew to be strong and powerful inside the four walls of a dance studio.

Freedom, expression and confidence; that is what dance means to me.