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Take a Stand

I BELIEVE IN STANDING UP. Literally standing. I recently began to learn different forms of social dancing. Mostly swing dance. Swing dance, as well as other social dances, have rules of etiquette that everyone follows. Dances also tend to have the same excited and social atmosphere.

When you go to a social dance, the ballroom is usually lined with chairs with space in the middle packed with dancers. There is plenty of room for dancing, but when you get tired you can sit and relax until you are ready to dance again. Although it can be the opposite, gentlemen typically ask the ladies to dance. The atmosphere and setup of the first dance I attended was exactly like this.

At the first event, I felt nervous due to being a novice. I anxiously waited for someone to ask me to dance, similar to the other ladies standing next to me. I decided to go sit down in one of the available seats to wait. A moment later, a woman sat down next to me, leaned over and said, “You know, if you don’t stand up no one is going to ask you to dance.” She then smiled, stood up and joined the other dancers waiting. Quickly, she was whisked away by a partner. I decided to follow her advice and stand up. As soon as I did, a young man approached me and asked if I would join him for a dance, which I graciously accepted.

Standing up is all one needs to take on a new experience. It is easier to sit back and observe when one is unsure of something. Trying something new can be nerve wracking. However you do not know what could come of it until you try. When I stood up, I discovered a new love for a new type of dance. That moment between wanting

to do something and actually doing it can be surprisingly easy. Take that step and discover what you never knew you needed. This I believe.