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# This I Believe

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I believe in dance. Dance as an art, dance as a movement, dance as a conversation between the body and soul. Dance can be defined in a number of ways, but no matter how it is described it always means the same thing. Dance is a way life.

Dance as art. Dance is viewed as both a performing art and a visual art. It is a art form that allows artists to express emotions without having to say anything at all. Often time's dance has the ability depicted more than can be said with words.

Dance as movement. Dance is more than just a combination of movements put into a sequence. Dance is an expression. It is a connection between the music and the emotional intent the dancer.

Dance as a conversation between the body and soul. Dance is about the deeper expression of inner emotion. It is about expressing what cannot be said with words. It is about using your body to explore whatever sensation you may be feeling.

I believe in dance as a way a life. Dance is a tool used for self-expression. It gives you opportunities to grow and develop. An opportunity to say what words could never express. To live a life that is full of joy and fulfillment. I believe if everyone took the time to dance each day they would feel this way as well. Dance is more than steps in rhythm to music, dance is a lifestyle.