

## The Hidden Treasures of Dance

By Carissa Bauer

“We dance for laughter, we dance for tears, we dance for madness, we dance for fears, we dance for hopes, we dance for dreams, we are the dancers, and we create the dreams.” I love this quote because it says everything that dance is for. One has to know dance before they can understand its hidden treasures. Dancing has emotion, stories, and is the best stress relief anyone could find.

Dancing portrays emotion. Every pirouette, every head movement, and every smile can say what I am feeling when I am dancing. The looks on the dancers' faces can be overwhelming if they are honestly into it. I will always remember Hudson's Varsity Jazz routine. They danced to the song, “It's all coming back to me now” by Celine Dion, and it had so much emotion that our team found tears in our eyes by the end of the dance. Hudson taught me that dancing is much more than just counts. Dancing is what I am feeling and everything I am and ever want to be. It's every single emotion I have, put into counts and set to a song.

Along with the emotion, dancing tells a story. I have the opportunity to choose any song I want, and do anything I want with it, and so does every other person who dances. Even when I don't try, I will think of a certain memory or person when I am dancing and that inspires me. Then the moves are created from there out to tell about what I am thinking. I can remember one girl's solo routine who danced to the song, “Scars” by Papa Roach. The dance was dedicated to her father who committed suicide. She didn't tell us this but we could figure it out from her

movements and expressions. Dancing tells stories and no one will know mine unless I want them to.

Dancing is my best stress reliever. We all have bad days at school right? Any time I have a bad day, I go to practice and dance it out. My team definitely can tell what I am feeling based on how I dance. When I'm angry, I like doing our pom routine because I just take out all my anger in hitting the exact movements and arm placements. If I'm sad, I like to practice jazz because it is always full of emotion and smooth dancing. No matter what I am feeling, however, I always work hard at dance to relieve my stress. I can dance anywhere to get rid of whatever is bothering me and that is what is so great about it. Dancing is my best way of relieving stress instead of taking out my anger on other things as other people choose to do.

Dancing has a lot of hidden treasures. The treasures I have found so far are emotion, stories, and stress relief. Dancing is everything I am and it is my greatest treasure. I look forward to many more undiscovered treasures that come with dancing. "We dance for laughter, we dance for tears, we dance for madness, we dance for fears, we dance for hopes, we dance for screams, we are the dancers, and we create the dreams."