



Dance is....

Dance is a way for me to express myself
Every time I perform I think everyone is watching me
The spotlight is on me and no one else....

Dance is a way to escape reality
When the music turns on and I do the first move
I stop thinking of what's going wrong with my life
And just dance

Dance is something that I love
Without it I would be lost, confused, and empty
Dance is apart of me

I love every thing about dance
The different moves
The different styles
I hope to pursue that as my career

Dance is Me

Photo and Poem By Haley D. Portland, Oregon. April 10, 2009.