The Art of Dance

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Dancing! It’s so exciting and fun. Motions with songs that take you places, and moments that you will never forget. For instance, your very first performance— you’re nervous, but curiously waiting for those curtains to open. Then, you have your last performance— you’re proud of yourself and glad you made it this far.

There’s more to dancing than you know. On the contrary, you will know a lot more after reading this, and maybe you would think of giving dance lessons a shot. So, get interested and ENJOY!

Dancing isn’t all that you know it as- that is, moving your body to some kind of music, song, chant, or rhythm. According to Susan Foster’s “World of the Body: Dance,” “Bodies engaged in dancing typically learn a dance properly using a criteria of the movement patterns.” The choreography and performance strongly have to do with cultural patterns. Rarely, the body will feel both functional and symbolic while dancing. While your body is dancing, ideas are created. Such as, images of physical identity. Moreover, a body’s characteristic postures, stances or gestures, or they might include physical representations of thoughts, feelings, moods, intuitions, or impulses. Dancing can tell a story, express feelings, and set the crowd in a certain mode. For example, the song you're dancing to is “Every Time it rains.” The mood you set may be gloomy, with a dark blue to black background on stage, and very soft, technical motions.

There are so many types of dancing you can learn. One common type of dancing is freestyle. In other words, freestyle is obviously your own personal style of dance.
It’s how you tell your body to move when you hear some kind of rhythm. It’s what makes you unique. The online Britannica Concise Encyclopedia states, “One of the oldest art forms, dance is found in every culture and is performed for purposes ranging from the ceremonial, liturgical, and magical to the theatrical, social, and simply aesthetic. From there, you know that almost every state, country, and island has it’s own cultural dance. Usually chants, or songs sung acapella. Specifically, the Hawaiians have hula, Tahiti has Tahitian, and Polynesia has Polynesian. Some other popular types of dancing, usually instructed at dance schools are modern jazz, hip-hop, break dancing, ballet, lyrical, tap, and ballroom. These several types can break into even more kinds of dance styles. With them, come different looks, dance shoes, wardrobe, techniques, stage performance, and expressions.

You have classes, school, schedules, outfits, shoes, rehearsals, performances, family, and home time. Obviously, if you are or were a dancer, you know there is a lot of work, time energy, and money that goes into dancing. I can go on forever. But, don’t get discouraged yet. There are many benefits. Like, your body structure. It becomes leaner, stronger, and able to take on almost anything. Another thing to consider is, the harder you work, the higher you go. Namely, beginner, intermediate, senior, and before you know it, professional. You also build confidence, self esteem, and most of the time, look at the world in a more positive way. You make friends, entertain and make them proud. You even get to travel and compete. Since your parents are paying for so many things, you’d want to make it all worthwhile.
This is just a piece of the art and creativity of dancing. Hopefully, you’ve learned something. I’m sure you did. If you do get interested and decide to take up dancing, you have many options. They are:

SKIP Entertainment Company, Danzjazz, Stargazers Dance Troupe, Guam Dance Academy, Bright Eyes, Bodyarts, John Robert Powers, Natibu, Pa’a Taotao Tano’, Guma’ Palu li’e, and I’m sure a whole lot more! I hope you enjoyed my presentation. 😊
