

## Dance by Elana

Is dance fun is dance hard. Is it painful sometimes always dancing on your feet. Well maybe if people tried it they might not think that. People can take lessons on tap, ballet and lyrical. **Dance is really fun, but maybe people can give it a try.** Trying dance could maybe show everyone that it's not really hard well it's not hard if people put compassion in it. Trying dance can be a really fun thing to do. *Learning all these different moves at once can be stressful, so people sometimes like to freestyle dance.*

One type of dance is ballet. In ballet they each have many different skills. People can use these skills on bar or on the floor. One skill to learn is a arabesque. *An arabesque can be hard, but the only hard thing is balancing.* A arabesque is when people try to balance on one foot and have one foot up in the air while your arms are out to the side. A couple stretches like a split stretch, a butterfly stretch, or a middle split.. The way to get the split stretch can be a little challenging. *Doing the splits are hard, but if everyday you try to go down a little more you will get the split stretch.* You should hold it for at least two minutes. Here are some dance moves you could find in ballet.

Another kind of dance is lyrical. In lyrical there are the same steps but not all of the same steps. A few are handstands, turns, and more. Maybe if people like that they might want probably might want to try this partner lifts. If kids, parents or anybody wants to do this they will have to trust them. *Trusting your partner is important, because if people don't trust them then you would fall and hurt themselves really badly.* People can

team up with your friends to make a cool dance. your friends can do really cool tricks and make a really fun dance. All these things sound hard but they won't be when you try them and practice! Lyrical is like a free and creative dance. So now you know a little bit about this so maybe all of your friends can try this.

The last type of dance is tap. *In tap you have these shoes that when people dance they make a click-clack sound, and it the click clack sound can be some kind of kool instrument.* The click clack sound is meant to make different noises when people do different steps. People can learn the difference between a stamp and a stomp. Kids team up in one big line and all do the same step so people can hear the click clack sound. Sometimes kids like to perform and when they perform they can go into groups. So in one group they can make one sound the other group can make a different sound and the last group makes another sound. So then all the different noises can go well together and make cool sounds. Here are a few reasons why tap is fun and enjoyable.

All these dances are fun and cool but all these dances can be hard but you can practice them. Your friends and everyone will learn all the skills in tap, ballet and lyrical. When people make up a dance they could use all these moves they learned. Your friends can try it everybody may not like it the first time but maybe the next time they would. Maybe someday you can grow up to be an awesome dancer.