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What Makes YOU Feel Free?

What's the one thing that makes you feel free and untied? Is it playing sports? Going running and releasing all your feelings? For me, it's dancing. Dancing is one of the greatest opportunities in my life because it has helped me through things during my life. There are numerous different types of dances to express yourself and your feelings. Dancing is one of the best ways to release anger, pain, agony, and even happiness.

I started dancing in the sixth grade and it was the perfect time to start because at this point in my life I was going through so many things. My family and I had just moved and my parents were divorced. They have been divorced for quite some time now, but as time went by I started grasping the whole thing and it started giving me troubles. Dancing was an escape for me to get away from all my sadness. I had many friends that danced, so it was more enjoyable.

My favorite type of dance is lyrical because it makes me work hard. I have to do all these intricate moves and they all have to be so precise. This is an excellent dance to perform because you can put all your feelings into it. When it's all done and I've perfected it, well, it's so beautiful and it's a *huge* accomplishment.

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