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An Adrenaline Rush

I have a love for dancing. It's something about the adrenaline rush that flows throughout my body when I'm standing in the middle of the stage. It's a kind of addiction that you can't walk away from. The excitement of all eyes is upon me with the spotlight following my every move. It's the adrenaline my body feeds off to keep me moving to the music.

Dancing isn't something that you can just decide one day that you want for your passion. You have to be dedicated and practice. Being prepared for it makes it so much better of an experience. Knowing every move right after another without having to think about it is amazing.

Then the music stops and everybody smiles in acceptance, happy with what you've showed them. A wave of relief that you did so well washes over you. Everything you've accomplished in the end was worth the hard work. You feel like all the time and effort you put in has finally paid off to hear the applauding. It's a feeling that you don't just want to feel once but over and over again; which is why I have been dancing for eight years.

My advice to everyone is to put time and effort into something they thoroughly enjoy to feel the adrenaline rush that I do. It'll make you a stronger person knowing people have faith. Get involved with something that is well worth your time and passion.