

### My Favorite Asian Arts and its Influence on Me

As the curtain draws wide open, a spot light shines in my face, my heart pounds heavily and irregularly, and I see the hard stares from the audience. Shortly, the music starts, and I begin to move along with the melody. Suddenly, my surroundings seem to have disappeared, and my fears subside. When the music stops, I just feel overjoyed with a sense of accomplishment and triumph. The feelings I get from dancing are incomparable and life-changing. I truly enjoy Chinese dancing, and AATF ignites my passion for it. Additionally, I was able to find the love in conveying my culture and the love of being able to teach my peers of my culture that seems to be forgotten. Fortunately, AATF gives me the opportunity to do just that.

Chinese dancing plays a very significant role in my life and has become part of me. It helps me to relax, and I can use it to channel all my emotions, whether they are good or bad. I have been exposed to different types of dancing but I never would have expected that I would actually enjoy it.

Chinese dancing is really different from "today's" dancing but if you looked carefully, they demonstrate similar concepts; forms of expressions and movement. With the dancing that I do, I am able to tell a story, teach a moral lesson, or just reenact a moment in the past. My friends are shocked with disbelief when they discover that I am active in Chinese dancing. But once they see me perform on stage with pride, their expressions and understanding change. They start to understand my culture more; that is when I am truly satisfied.

Now it is extremely hard to imagine my life without dancing. It makes my Saturdays a ritual that is worthwhile. I am also in other extracurricular activities in school, but they are all tailored to each individual who participates in it. Whereas with Chinese dancing, I have the opportunity to dance as a group, and everybody in the group needs to work diligently and cooperatively in order to make each other look good as a whole. Everybody in the group feels like family to me now, which is truly indescribable.

In conclusion, AATF has a huge influence on me. It has expanded my horizons in music. It helps me gradually overcome my stage anxiety; It's taught me the beauty of Chinese dancing; It shapes my personality. Most importantly, I am able play a very important role in carrying on the traditional Chinese culture to my peer groups. Better yet, the Asian art of Chinese dancing enhances my life physically and emotionally.