

## The Influence of Asian Arts

Dancing can be depicted as a form of nonverbal communication, conveying thoughts and feelings toward the audience. Dancing did not always mean as much to me as right now. I started dancing at a very young age, and liked it from the beginning; little did I know that like would change into love, and then turn into a deep passion of mine. Dancing means the world to me today, because it gives me a way to express myself through graceful movements and poses. It sets me free as if I had the wings of an angel and could fly as high as I ever hoped for. Every great jump, every point of the toe, and every back arch motivates to me to do more, be better, and achieve success that is right in front of my eyes. As I dance, a crisp, cold breeze past by me, and my head suddenly lightens up, as if I had reached a state of Nirvana, the perfect state of mind.

Dancing, to me, is an indescribable feeling that I enjoy and benefit from, both physically and mentally. Physically, energy pumps throughout my body after dance, and inspires me to complete the tasks that I am too lazy for on other days. Mentally, it prepares me emotionally for the future, and because of dance, my soul has grow to be strong and indestructible from the beat and strikes from others.

I always imagined myself as a Chinese folk dancer ever since I was little, dancing to the beautiful and delightful Asian-cultured music and enjoying myself on stage. Ever since I started dancing with Shirley Chen and dancers, I became more

self- confident and independent, as if I had matured gradually on stage. When I was little, every little step back affected me greatly, but as a matured young lady today, I've learned to take as much as I can out of the experience, because the things that don't break me will make me stronger for the future. I have a profound passion for performing on stage, and watching as the audience clap in amazement to our performance. I find it spectacular to watch dances from other cultures and my own, because it gives me a chance to learn more about diverse cultures, and I often visualize myself on that stage next to the dancer. Trying new styles of dance can very interesting, but sometimes challenging, since I am doing something completely out of my element.

Like studying literature in school, dancing is worldwide, and somehow connects cultures together, to form a unit, that can change society and the world around us. Dancing can be described as an addiction of mine, because I practice until every movement is gracefully connected and represents what my teacher had in mind. Every dance tells a story, and that story can be decoded from the movements of the body, from the sudden, quick taps of the foot to arm extensions and how the finger is pointed.

No one is perfect in this world, and the most I can do it dance my heart out everyday. Dancing, especially Chinese folk dancing, which I absolutely adore, changes people in a positive way. It can help solve the toughest problems by showing a vivid, dazzling light into a complex, convoluted world.