

DANCE TREE

Your dance tree begins with the roots of dance. These are your influencing players: Self, Earth, Music, Environment, and Partner. The deeper your roots grow, the healthier and more robust your dancing becomes.

As your roots deepen, you create a foundation for your tree to emerge. Your tree grows in strength and stability as you train, allowing new branches to sprout and flourish. The stronger your tree trunk, the more variety of branches you support. Each branch represents a style of music, form of movement, type of partner, or unique environment.

As your branches stabilize, they begin to bear fruit, those sweet euphoric flow experiences that make it all worthwhile.

