

Sateen Rambharose

New York City College of Technology, CUNY

300 Jay Street

Brooklyn, NY 11201

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Dear Dance Teachers/Dancers,

As a former dancer, I know how much fun dancing could be, we could put all of our emotions into the moves and we could have fun while practicing and performing. Entertaining others is something we love to do at our best ability. Being on a dance team really isn't for the weak. You have to make sure you are a very vocal person, you have to make sure you can keep up with the other dancers, and the dances that are being made. Also, getting along with your dance teacher and team is a huge thing. You wouldn't want to be getting instructions from someone you feel like doesn't respect you, and you surely don't want to be practicing with people who just keep making fun of you because you can't do a move right. All you want on a dance team or anything that you are doing from others is support, and that's all you really get when you are on a dance team. Although, there's many good things about being a dancer, and all a person knows are the good things about being a dancer, many people don't know about the negatives that dancers have to deal with.

Besides all the partially good things about being on a dance team or being a dancer, there are some negative things about it I feel like need to be heard. According to Beckman, Kate. "12 Problems All Dancers Understand." *Cosmopolitan*, Cosmopolitan, 1 Nov. 2021,

<https://www.cosmopolitan.com/lifestyle/a3616968/problems-all-dancers-understand/>

She states that “even on the weekends, you might be too physically exhausted to want to go to that party or dinner with friends on a Saturday night.” This quote shows how being a dancer, and having rehearsal all the time could affect you wanting to have time to yourself or with your friends. Being overworked, and not having time for yourself could put a toll on you mentally because you are so focused on dance dance dance you have no time to grow as a teenager, and you dance teachers don’t understand that sometimes. Also, with dance making you physically exhausted you could become mentally exhausted too. You may wonder how dancing can make you mentally exhausted. Getting yelled at by your dance teacher when you aren’t doing the choreography correctly could take a toll on you, many teenagers can’t tolerate getting yelled at all the time so this would lead them into becoming depressed or they would just not want to dance anymore.

Another issue that I feel like should also be heard is as stated by Beckman, Kate. “12 Problems All Dancers Understand.” *Cosmopolitan*, *Cosmopolitan*, 1 Nov. 2021, <https://www.cosmopolitan.com/lifestyle/a3616968/problems-all-dancers-understand/> “favoritism is common in dance, and you might need to know the right people to have a chance at the job you want.” A dance teacher having favoritism towards her/his dancers makes the other dancers feel like they aren’t doing their best even though they are, they make it known who their favorite dancer is which should never be done. People could have someone they favor the most but making it known that a person is your favorite is the worst thing you could do. For example, there’s this show called Dance Moms, and the dance teacher Abby Lee had a favorite dancer, Maddie. She would make it known that Maddie is her favorite by giving her solo’s all the time, telling the other girls how they should start dancing like her, and how they could learn a few things from her. Doing things like this makes the other dancers lose their confidence in the way

they dance, and they would start disliking that one specific person because of how much the dance teacher favors them. You could feel like you did phenomenal after your performance, and get praises from other dancers but once that person your dance teacher favors goes on the stage they start comparing, and saying how your techniques or posture or moves didn't look as elegant as theirs which would make you start questioning yourself as a dancer.

Us, as dancers we should never keep anything that's bothering us to ourselves even if we feel like we would get kicked off of the team. Being on a team that just keeps draining you is never a good thing, especially dealing with a dance teacher who is toxic. To the dance teachers, when your students and their mothers tell you how they feel about certain things you do they are not trying to argue with you or even make you feel like they are ganging up on you, they just want to be heard. Y'all always think someone is trying to degrade what you do as a teacher or how you teach but we aren't, you guys tend to do or say things you don't realize is hurtful to us. Having favoritism towards a dancer is the top 1 worst thing you could possibly do. Giving everything to one person such as always giving them solos, or making them captains, or making them the main piece of a group dance is so unfair to the other girls on the team. Every girl should have their time to shine, they should be able to show everyone what they are capable of. Having a moment to shine, and show off your talent would get you so many opportunities from agencies or scouts which is always a great thing because your company would get more recognition, and others would get that spotlight they always wanted to have.

One last thing, we should be able to have more time to be teenagers and have fun instead of having practice 24/7 after school which is draining because we never get enough time to do homework or even study for tests. Yes we understand you want everything to be perfect, and you want us to win 1st place but c'mon we have lives outside of dance too. Everything you do as a

dance teacher would forever be appreciated, there's other issues but those two things really need to be worked on.

Sincerely,

Sateen Rambharose