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We are Dancers

Jeanette Hiyama

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Original text from MN Dance Company

To the side, to the side
To the side and around, through the middle
To the side, to the side, to the side and around, through the middle
To the side, to the side, to the side, to the side, to the side
and around and around and around and around and around
To the side, two, three, four, and a five, six, seven, eight

We are dancers, we move our bodies
We communicate with a wordless language
that is deeply understood
We move, we breathe
We connect, and disconnect
We are here in a present moment
Life moves you life dances you
A duet between your instinct and imagination
Your body is your location
We explore, we feel, we express
We make a world a better place
We make art, we love, and we are loved
Let's enter our world

Response 1

Dance tells all the stories that I'm too reluctant to vocalize aloud, even to myself. There's so much story wrapped up in this body, the story of my ancestors, the story of myself. This flesh and muscle want to talk, to tell its history, and so I just let it, even if it's not pretty. I like for my dancing to be sharp and raw. I like to allow my body to just do what it wants to do naturally, and that's the splendor of it all. The body is the story of nature, dance is the messenger

Response 2

It's been like my defining characteristic my whole life, but I don't know, as much as it's been fun, it's also been a lot of, a lot of stress, a lot of body hatred, but I wouldn't take it back

Collective response

Dance is fun, fluid, dynamic, creative, calm, control, sharp, vigorous, exciting, liberating, robust, freeing, relieving, electric, expressive, crazy, captivating, universal, energy, life, agile, escape, breath taking

Response 2 cont.

I like that it makes me feel like I'm a part of something because you can watch people dance and they may not even speak your language, but you know what they're feeling or trying to express, and I think it's really cool, and I like being a part of something like that.

Response 3 pt. 1

In dance we can build relationships with music, with time, with space, with one another

Response 3 pt. 2

Dance has been so much more than technique or classes or even movement it's also been a form of community

Response 3 pt. 3

One of the best feelings is being in sync and in a flow with yourself and other dancers

Response 4

A song plays and your chest starts to contract
Your leg extends and suddenly your arms go with it
You turn around and the lump in your chest starts to lift
The hole in your heart starts to mend and you realize that you started to smile
The music blends into your soul and tells your body how to move
Your subconscious tells your body what to do, how to feel, and how to heal
You start to dance up into the sky and suddenly everything is clear
The song comes to an end but all that matters is that you have danced, and you
always will