

# Dancer's Corner

**Learn about the  
hit TV show  
Dance Moms!**

**How much does  
it cost to be a  
dancer?**



**\$3.99**



# TABLE OF CONTENTS

LETTER *FROM* THE EDITOR .....2

STYLES OF DANCE BY KENNEDY SCHREITER .....4

DANCE FINANCES BY WENDI SCHREITER .....6

THE NUTCRACKER BY ANNA GORSKI .....7

DANCE MOMS BY PAYTON BRENNAN .....8-10

DANCE HEALTH.....12-13

OUTSIDE OF DANCE .....14

SOPHIA LUCIA.....16

# Letter from the Editor

Dear Reader,

I hope you have enjoyed the past issues of Dancer's Corner as much as I have. I wrote this magazine to show people what it takes to be a dancer, and to have fun with dance. When I initially started this thinking process, I intended the magazine to be just for dancers. Whether it was competition, recreational, or independent. It turned out to become a guide for dancers and for future dancers. To help the parents as much as the kids, and to support your passion. I look at other dance magazines and they are all focused on the big dancers. While they write about others people's accomplishments, you are trying to achieve your own goals. That's what sets Dancer's Corner from the others. It focuses on helping you reach your ambitions. With the reviews from the readers, I can continue to grow as an editor, and to help my readers with what they want.

In future issues, I hope to add more. Ideally, I would like to add more games or quizzes to make this magazine a little more fun. Also, I am planning to have a featured studio/dancer every issue. You as the readers would write in why someone should be the featured dancer. These are dancers who do not have to be known. They don't have to be the best in the country to be in the magazine. Just write in and my staff and I will decide who we will write about. There are still kinks to work out, but look out for that in future issues.

These goals would not be able to be possible without effort and work. There were bumps in the road but they got resolved in the end. In the beginning of this

process, I got some writers who were willing to write for me. This being a dance magazine, finding writers was a difficult task. Many people did not feel comfortable with writing about dance. Some writers backed out when I needed them most, but others came through. I was becoming stressed about putting the magazine together, but it worked in the end.

I got to work with some amazing writers while creating this magazine. These writers were dedicated and even if they didn't know all that much about dance, they came through to write for me. An article that stood out to me was written by someone who does not dance, but was willing to help me. Anna Gorski wrote about the ballet, The Nutcracker. Also, an article written by a gymnast, Payton Brennan, about the hit TV show, Dance Moms. These article captured the idea of the whole magazine. That was that even if you don't dance, there is still something in it for you. Collaborating with people was sometimes a difficult task, but other times it was a pleasure.

Towards the end of the project I became very off task and started to lose focus.

Eventually I gained my focus back and I got on task with the guidance of my

Teachers and classmates. Some of my other struggles I didn't know what to talk about in my articles, even though I asked the editors I still didn't. I couldn't figure out what to write about so I just figured it out by taking my time and thinking about the details. Also another one is writing. I hate writing and reading. I had a hard time making my 2+ column articles because I had to write so much on the page.

*-Kennedy Schreiter*

Editor in Chief, Dancer's Corner



# ALS Leotards



ALS leotards offer a wide variety of leotards for all ages and sizes.

ALS leotards offer different types of leotards that are comfy than most regular leotards.

If you mention the name “Kennedy” when you are ready to check out you will receive a 15% discount.

By: *Alyssa Stillman*



# Styles of Dance

In dance, there are a variety of styles that are performed. Some types are very graceful while others are not. These are some of the most common dance styles and their history. Any dancer should take ballet.

## Ballet

Ballet helps with all styles of dance and is necessary in many studios. This graceful dance is much more than tutus and a bun. The language of ballet is most commonly in French, or based off of the French language. These terms are used in all ballet classes and are helpful to memorize. Ballet can be performed on flat ballet shoes, or on pointe shoes. Pointe is very difficult and requires strong feet and ankles. It

requires dancers to perform on the tip of their toes. The history of ballet is carried on to modern ballet. In the 15<sup>th</sup> century, during the Italian Renaissance,

many people danced at weddings and ceremonies. In the 16<sup>th</sup> century, Catherine de Medici, wife of King Henry II, started to establish ballet. She created a program called *ballet de cour*, which included dancing with costumes, music, songs, and decorations. The next century, King Louis XIV started to promote the art, making it popular. He was a dancer himself, who trained professionally and performed in many ballets. In 1661, a dance academy in Paris opened. In the late 1600s, ballet was performed during operas, until the mid-1700s when a ballet master demanded that ballet could be performed on its own. Ballets are used to show the audience technique and dance skills. In the 19<sup>th</sup>



century ballet became extremely popular in Russia. Ballets such as the *Nutcracker*, *Swan Lake*, and *The Sleeping Beauty*, were performed and quickly spread through the rest of the world. Today, ballet is very well-known and performed all over the world by all ages. Opposite of ballet, is a unique style known as hip-hop.

## Hip-hop

Hip-hop started with street dancers and dance crews in the 1970's. The beginning hip-hop terms started with break-dancing, locking, and popping. Many movies and TV shows showcase hip-hop. Hip-hop is a style that many choreographers and dancers altar to make them unique. Hip-hop has a lot of moves based off of a popular dance style, jazz.

## Jazz

Jazz uses elements from all styles of dance. The name "jazz" refers to the music style, which was danced to in World War I.

Jazz can be danced to many different styles of music. Leaps, turns, kicks, and more are used in jazz dances. Jazz requires great technique, just like ballet. In the beginning, jazz moves came from Africans brought over to America. Jazz can be performed gracefully, or sharp, depending on how the dance is choreographed.

## Tap

Another popular style is tap. There are two kinds of tap: rhythm tap and Broadway tap. Broadway tap is more musical theatre tap. Rhythm tap focuses on more of the jazz moves and skills in the dances. (continued on page 12)

# PASSION DANCE

# AGENCY



*Choose from one of  
our 50 professional  
agents!*

**Perfect for  
getting  
known!**

**Call 555-0176**

# DANCE FINANCES

Your toddler loves the color pink and can't stop moving to the music. She has a closet full of tutus and grandma just bought her very first pair of ballet slippers. What's the next step? She needs to start dance lessons!

The decision can be a big one, but do you realize how big? Dance is a multi-billion dollar industry, made even more famous by reality shows such as *Breaking Pointe* and *Dance Moms*. The twenty dollar per month recreational ballet is no longer. If you choose to put your child into a competitive dance program, be prepared to pay dearly.

However, participating in a dance program does not always mean that competition is involved. A

number of dance studios shy away from competition and only focus on recreational dancing. This type of dance program can provide your child with the social, physical and mental benefits typically found

when scores are involved. But recreational dancing is much less costly as it avoids the cost of competition fees, props and travel. Dancers can experience a number of different styles of dance at this type of studio, including hip hop, jazz and ballet. Lessons usually start at 2 years of age and go through high school and occasionally to adulthood.

But what if a recreational program is not enough for your child? What are the benefits of competition? What are the drawbacks? What are the considerations before you start?

The biggest consideration outside of the financial investment is the investment of time. Competition dancers can easily spend 10-20 hours per week at their studio. Compared to the one or two hours per week that would be more typical of a recreational dancer and you can easily begin to see the commitment level required.

The physical commitment of dance is

something that you should be aware of if you are thinking of raising a competitive dancer.

According to the *Journal of Science and Medicine in Sport*, the possibility of

injury is as high as 76%, although the actual rate of injury is similar to other sports. The joints are especially susceptible. It is not unusual to see even fairly young dancers sporting braces on their ankles and knees.

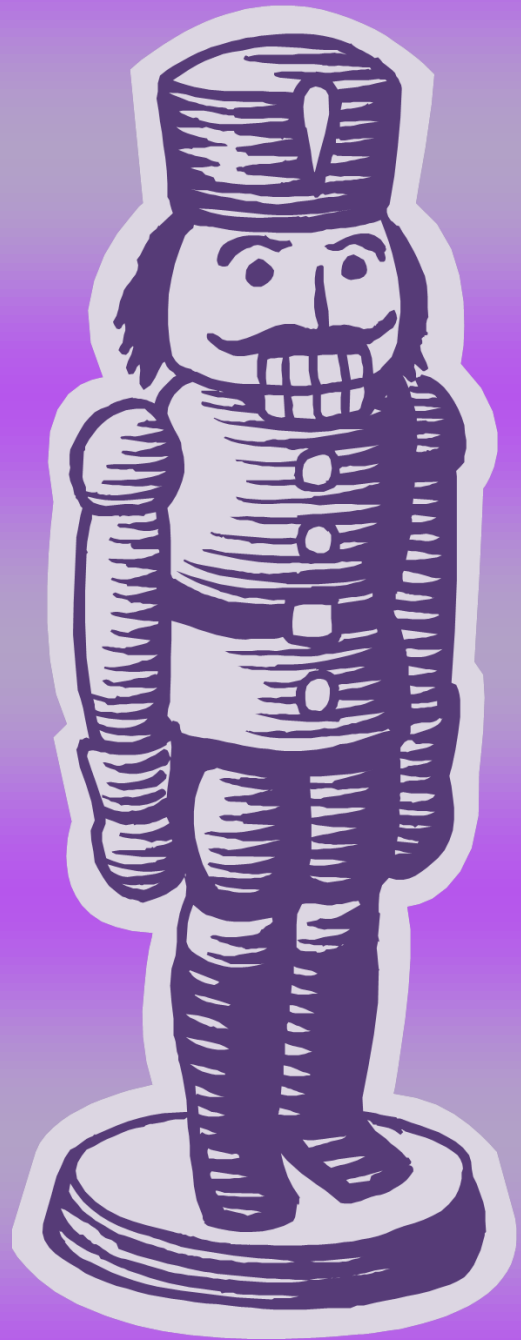
So let's get real about the actual cash outlay for a dancer who competes. *(continued on page 12)*



# The Nutcracker

I am not a dancer, well, unless you count prancing around my room in my robe to Justin Bieber, then I am. I may not be a dancer, but I have always had a respect for the performers. I think it is incredible how far they can twist and bend in an un-human way. Like in my favorite kind of dancing, ballet. I think it is the most beautiful kind of dancing because it tells a story, like in The Nutcracker. The Nutcracker is a story about a young girl, Clara Stahlbaum, who gets a toy nutcracker for Christmas from her Godfather Drosselmeyer. After the nutcracker gets an unfortunate injury from Clara's troublesome brother, Fritz, Clara cares for him and stays by his side all night. In the middle of the night Clara finds her nutcracker has come to life and is fighting the Mouse king and his army. Clara helps the nutcracker (with her shoe) and they defeat the mouse king. The nutcracker turns into a handsome prince and he and Clara travel to different lands, and then finally visited by the sugar plum princess. At the end, Clara is woken up by the old grandfather clock and realizes, it was just a dream. Yeah, I know it sounds a little cheesy, but around Christmas time it seems very magical and special. I saw the ballet the first time when I was seven, and it was very captivating for me. I loved the way the costumes sparkled, and even tried to make my own snowflake dress. There are many more ballets that may appeal to you, but this is my personal favorite. There are also many different types of dance and styles that I have yet to see, and maybe even try (seriously, I could really use it!).

Written by Anna Gorski





# DANCE MOMS

Have you ever been flipping through the channels looking for your sport to be showcased on a reality T.V. show? Well you've come to the right expert! I will be telling you about my latest favorite phenomenon Lifetimes hit series "Dance Moms." The show is set in Pittsburgh, Pennsylvania, at the Abby Lee Dance Company, showing young children's dance careers, and their mothers. They travel week-to-week to various competitions to hopefully at the end of the season gain a national title.

that's what they put on TV." No matter what, she said she doesn't plan to ease up, no matter if the cameras are running or not. Now there wouldn't be a show without our wonderful young dancers and mothers. Now over the 4 seasons the show has been airing, there have been many girls and mothers who have tried out the ALDC but decided it wasn't for them, maybe because of Abby, or the moms "drove them out" like Abby thinks. Whatever it is I will be telling you all about these wonderful young ladies and their mothers.

## ABBY LEE MILLER

Abby Lee Miller is the director of Reign Dance Productions (formally her mother's) which houses the Abby Lee Dance Company. Abby found her love for dance from her mother Maryen Lorrain where she took classes at her studio since childhood before starting her own studio in 1980 at age 14. Every week there is a pyramid. Abby uses a pyramid to show the moms and the dancers who she feels did the best in her eyes, and who needs to improve. The pyramid changes every week, and it has been seen that the moms' behavior often affects the girls' placement on the pyramid. Abby has a reputation of being a villain, even though that's what makes Dance Moms so popular. In an interview she explains that her methods may seem harsh, but there's a reason behind them. She states "When I tell a child something the first time, I'm nice. The 15th time, I start to get aggravated. By the 30th time, they're doing 100 push-ups and I'm screaming at them, and of course



## NIA

Meet Holly's daughter Nia! Nia is a 12 year old who has danced at the ALDC since she was 3. In the first few seasons Abby has Nia portray many ethnic dances being that she is

African American, but Holly doesn't like that. Abby though has given Nia more mature dances and has gone away from her ethnic ways. Abby doesn't

give Nia lots of attention being that she is not the strongest dancer, but has a real hardworking attitude. Nia is very talented at her acrobatics.

## CHLOE

Meet Christi's daughter Chloe! Chloe is a 12 year old girl who has danced at Abby's since she was 2 years and 3 months old. Chloe is very strong in lyrical and contemporary. Chloe is Maddie's biggest competition at the ALDC. She is often compared to Maddie which Christi is not fond of. Chloe usually places high and wins, but not as much as

Maddie. By Abby comparing the two, it often makes Chloe second guess herself. Chloe and Paige are “twinnies” because they are the best of friends on and off the show and they look a lot alike. In season 1, the girls all got the opportunity to dance in Lux’s new songs music video “It’s Like Summer.” Only one girl could play a mini Lux. Chloe ended up being the star of the show in the music video. Also just days before Nationals, in season 2, all of the girls were invited to try out for the Joffrey Ballet School. Chloe was the only one to get a full scholarship on the show. Then during Nationals a few days later Chloe and Maddie both had solos. Maddie froze on stage forgetting her solo while Chloe gained the top spot and won Nationals with her solo “Red Queen.”



## **BROOKE&PAIGE**

Meet Kelly’s daughters Brooke and Paige! Brooke is 15 years old (the oldest on the team) who has danced at Abby’s since she was 2. Brooke and Paige are sisters. Brooke used to be Abby’s favorite until she began to lose interest in dance. In season 2, Brooke was at the top of the pyramid but she wanted to try out for cheerleading which was on the same day as the competition. Brooke ends up trying out for cheerleading and makes it, but decides it’s really not for and tries to get back on the team, so Abby gets even tougher on her. Brooke is very talented at acrobatics. Brooke is also a singer and has her first album out called Brooke Hyland including songs like “Summer Love Song” and “I Hurt” to name a few. Paige is a 13 year old who has been dancing at Abby’s since she

was 2 just like Brooke. Like Brooke, Paige is very talented in her acrobatics. Abby always tells Paige how tall and beautiful she is, but also criticizes her for being an underachiever because of her work-ethic and focus on dance. Paige’s greatest accomplishment was in Season 1 when she won her solo “Make Some Noise” beating Brooke and Chloe. Abby says she’s the tough on all the kids, but yells at the Hyland’s kids like there her own children. It’s probably because Kelly was one of Abby’s students but quit at 14 for cheerleading is what Abby thinks will happen to Brooke.

## **KENDALL**

Meet Jill’s daughter Kendall! Kendall is 11 years old. Kendall gets a spot

on the ALDC competition team after Abby holds an open audition for a replacement for Vivi-Anne. Before Kendall becomes an official member she has to be on probation, which Jill does not like. After a few weeks Kendall gets off probation and is an official member, but after blowups with Jill, Abby puts Kendall back on probation. Jill thinks it’s ridiculous so she and Kendall leave the ALDC and go to Abby’s rival Candy Apples Dance Center. Thankfully Jill realized that the ALDC was meant for Kendall, and we’ve had Kendall back ever since then! I think Kendall’s biggest accomplishments were in Season 3. Dance Track Magazine was having a photo-shoot with the ALDC, and one lucky girl would be selected to be the cover, Kendall won and her picture was stunning! Also at Nationals, Kendall had a solo Voodoo Dolls and took 2nd right behind Maddie.

# MADDIE & MACKENZIE

Meet Melissa's daughters Maddie and Mackenzie! Maddie is 11 years old and has danced at Abby's since she was 2 1/2. Maddie and Mackenzie are sisters. Maddie is shown as Abby's favorite even Abby says so herself. Maddie is very confident in her dancing abilities and is strongest in either tap or lyrical. Maddie's biggest competition is Chloe. We viewers also think Abby's favoritism comes from Maddie winning more than any other of the girls. Maddie is usually and most definitely in the middle for group dances because in Abby's eyes she stands out the most. Mackenzie is 9 years old and has danced at Abby's since she was 2 1/2. Mackenzie is the youngest in the group. Mackenzie excels at acro. She also has quite the sense of humor shown in her brief interviews. In Season 3, Mackenzie had a new rival Asia from Season 1 Abby's Ultimate Dance Competition. During this time, Abby was being tough on Mackenzie only to make her better. During the earlier seasons Mackenzie wasn't in many group dances because she was too young at the time. Abby compares Mackenzie's dancing abilities to when Maddie was her age.



# THE MOMS

Now basically I've informed you on the 7 fantastic little girls and their mothers, but I'll just tell you a brief description of these other dancers to keep an eye on. Leslie has been at Abby's long before the show and has been trying to get her daughter Payton on the elite

competition team for some time now. The reason you need to know this is that Payton is a replacement for whenever Brooke isn't here. Leslie though thinks Payton should be a permanent replacement. They aren't on often but when they are the sure come in with a bang! Also as I mentioned Mackenzie's rival in season 3 is Asia from AUDC. Asia became undefeated during all of Season 3 beating Mackenzie. At Nationals Kristie explained to the mothers that this was Asia's very last competition of her life. But after a confrontation between Leslie and Christi, Kristie Ray couldn't handle it and left just a day before Nationals.

Also a very important piece to the puzzle is Cathy and her daughter Vivi-Anne. They are very important to where the rival began between the Candy Apple's Dance Center and the Abby Lee Dance Company. Cathy brought Vivi-Anne to Abby's so she got teaching from someone that wasn't her mother. But after weeks of not playing by the rules tactics, Cathy took Vivi-Anne back to the CADC and the rival began continuing ever since. From purse whacking, to water throwing, to moms fighting, we've seen it all and heard it all.

You think you've got all that info? I threw a lot at you! If Dance Moms interests you tune into Tuesday nights at 9.8 central, and embark on this crazy journey through an Abby Lee Dance Company dancer!

-Written By Payton Brennan

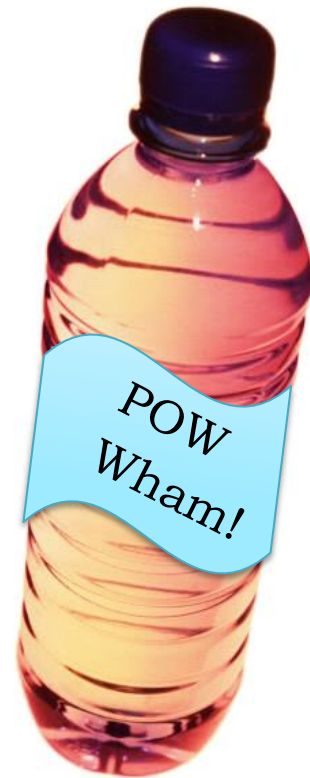
Photos from

<http://brooklynactivemama.com/01/2013/sunday-favorites-7.html>

# POW Wham!

POW Wham! Is made with natural resources and is very good for you.

POW Wham! Is the new energy drink that makes you ready to play and all hyped up for you to do your best in every sport and every game.



POW Wham! Corporation 2013 Hortonville, WI 54944



# DANCER'S HEALTH

Being a dancer is a lot of work. A dancer not only has to memorize all of their dances, dancers also have to maintain their health. Dancers can't just sit around, watch TV and eat junk food 24/7. A dancer needs to stay fit and healthy. In this article I will provide you with some tips about how to increase your flexibility, build up your strength and become a true dancer!

## Eating

A dancer's diet is similar to a regular diet, but there are a few things that dancers should avoid before dance class.

Dancers shouldn't eat candy or high amounts of sugar before dance because it can cause a sugar rush. Once that sugar rush is done, the person will experience a crash causing them to be very tired and not have any energy left to dance. Other things dancers should avoid doing is to not eat at all. Have you ever been hungry and gotten distracted on thinking about when you're going to be able to eat? This is a good example of why dancers should eat healthy foods so they can stay focused and on task. Key foods dancers should eat are salads, protein bars, fruits and veggies. In addition, it is important to stay hydrated by drinking water to avoid muscle cramps.

## Vitamins

There are many vitamins available and it can be hard to decide which ones are safe and actually work. A lot of doctors agree that it is important to take a combination supplement of vitamins B and C. This combination is thought to help your body absorb the nutrients. Remember, it is good to speak with your doctor before taking any

new vitamins or supplements. In addition to vitamins, a protein supplement may also be beneficial. Protein is essential for repairing damaged muscle tissue and a protein supplement can help repair muscles after exercise or flexibility training. Be careful

not to take too much as this can increase muscle mass and reduce flexibility. Taking a protein supplement two to three times a week should be enough.

## Stretches

Increasing flexibility is essential to avoid injuries while dancing. To increase your flexibility, you need to stretch. The *butterfly stretch* works on your inner thighs and helps you to become more flexible. To do the exercise, sit on the ground with your legs in a butterfly position. Next, bring your feet as close as you can to your body, then lay over your feet as far as you can. Another stretch a dancer can do is *the straddle*. This exercise stretches your hamstrings and your hips. Sit on the ground with your legs in a wide "V" position. Next, roll over to your left leg and hold that position for 20-30 seconds. Do the same for your right leg, and to the center. One more stretch that you could do to become more flexible is called *the bridge*. This exercise stretches your hamstrings, lower back, and hips. To do the exercise, lay on your back with your arms and legs bent. Now, push up off the ground. Hold for 20-30 seconds. Next, lift your right leg up while in the bridge and hold for 20-30 seconds. Do the same with your left leg, right arm, and left arm. Yoga is another good way to stretch and a lot of dance instructors use yoga as part of their warm up to stretch before beginning class.

## Exercises

In addition to stretching, dancers also need to build up their core through exercise. Here are a few different exercises that can help to strengthen your core. *Crunches* – to perform this exercise, just lay on the ground with your legs bent. Then, lift your head and shoulders off the ground without straining your neck. *Holding the plank* –to do the plank, lay on your stomach with your legs straight to the back and your arms straight



out in front of you. Then, push up so you are in a “high” type of push-up. Hold this for 1 minute to a minute and a half. *Scissors*—lay on your back with your legs straight up at a 90 degree angle. Lift your head and shoulders off of the ground. Bring one leg at a time down to a 45 degree angle while keeping your other leg at a 90 degree angle. Tap the leg that is at a 90 degree angle twice. Switch legs after every tap.

Now that you have learned some tips about increasing your health and strength, it’s time to go out and use them!

Written By Lauren Stae

### **Dance Finances** *(continued from p.7)*

Using a 12 year old who does a moderate amount at a private studio and attends 4 regional and 1 national competitions, the approximate annual costs are as follows (depending on geographic market):

Lessons: \$4000-\$6000

Intensives/Conventions: \$200-\$1200

Gymnastics/Acting Lessons \$500-\$800

Costumes: \$800-\$1500

Shoes: \$300-\$500

Competition Fees: \$2000-\$3000

Travel: \$2800-\$4000

Total: \$10,600-\$17000/year

It would be easy to focus only on the high cost of dance, but the benefits need mention as well. Dancers enjoy excellent physical benefits, especially in strength and endurance. Children who dance on a regular basis will likely show improved focus and discipline as well as enhanced confidence and a higher self-esteem.

How do you assess your child’s readiness to dance? The child who will begin a

recreational program could start as soon as they can follow directions and imitate simple movements. This is usually 2-3 years of age, although many children start later than that. For competition, dancers must be able to withstand the pressure of performing in front of an audience first and foremost. They also need to understand the concept that the road to 1st place is a long one and that not every child will win a trophy or medal.

If dancing is in your child’s future, whichever path you choose, find a studio that supports the vision you have for your child. Joining a studio as a dancer in a large group dance, would be a great introduction to the social benefit, and may reduce the pressure a child might feel when trying something new. Above all, dancing is an art that can provide many positive physical and emotional benefits for a child.

Written by- Wendi Schreiter

### **Styles of Dance** *(continued from p. 5)*

Tap requires timing and rhythm. The tap sound is made from metal on the toe and heel of the shoe. Tap can be compared to Irish dancing and clogging. A very graceful dance style is lyrical.

## **Lyrical**

Lyrical involves being fluent and expressing emotion. Lyrical is similar to ballet, graceful and difficult. Many people would describe lyrical as a mixture of ballet and jazz. Lyrical dances and movements relate to the lyrics and emotions of the song the dancer is performing to. These styles are performed throughout the world and will continue to grow and evolve in the dance world.

Written by Kennedy Schreiter

# OUTSIDE OF DANCE

Usually we are in dance clothes, but what about after dance. We all know sweatpants and skinny jeans can be worn any time of the year. But what about the clothes that can't be worn all the time? This will be a guide to help you with all you need to know about the patterns and colors in every season. We'll start with one of the easiest seasons, winter.

Winter and fall fashions are similar in many ways. A popular style in wintering is layering. No matter where you live in the world, layering is worn. The most common winter colors are neutrals (brown, gray, black, silver, etc.) Dark skinny jeans are paired with a sweater and scarf most commonly. But if you want to stand out, try a patterned jean or a bright sweater. Boots are often worn with skinny jeans. Some brands are Ugg, Bear Paws, Ukala, etc. In the fall, options are more open. You can mix and match winter and spring styles. Unlike winter, brighter colors can be seen more. Leather jackets are seen outside with bright colors underneath. Brown looks great with fall colors, so a brown cardigan is great to have. Fall also means back-to-school, so many stores have sales and discounts happening so you can get the best for less. In the spring, capris and dresses are common. One of the most common patterns is floral, mostly on blouses and dresses. Pastels go great with ballet flats, and sandals or flip-flops work well with capris and shorts. A bun in your hair goes well if you plan to dress formal, or



casual. Spring fashion can go into summer fashion. Denim shorts go well with just about any shirt and some flip-flops. Bright colors are great in the summer. Sparkles go great with any outfit of course, so throw in some glam. A high ponytail or bun will make for the perfect summer hairstyle. Yellows, oranges, pinks, and neon are the most used summer colors. Stripes and shapes go great to make your outfit stand out. Pair of black sunglasses are helpful in any case. But when it comes to fashion, remember to show your own personality in your clothes. Have fun and happy shopping!

Written by Kennedy Schreiter



**NEW!**

# Smooth Back Hairspray

*Smooth Back Hairspray  
uses all natural  
ingredients, making it  
environmentally friendly!*



**Actually  
holds  
hair in!**

**No flakes!**



# Sophia Lucia

There are many remarkable dancers throughout the country. However, not many of them are dancers like 11 year old, Sophia Lucia. At 2 years old, Sophia's cousin introduced her to dance. By age 3, Sophia was entered in her first dance competition. Currently, Sophia trains at San Diego Dance Centre, owned by her cousin and inspiration, Kristen Hibbs. Sophia is often recognized by her high-pitched voice and extreme flexibility. Although Sophia states that she was not born with natural flexibility, her dances prove otherwise. Sophia was born without 1 rib on each side of her ribcage, letting her be able to bend further. She spends at least 2 hours a day just stretching by herself. Sophia has been home-schooled her whole life, leaving her extra time to dance. Sophia has been offered many opportunities in and out of the dance world including interviews, TV appearances, movies, and more. One of Sophia's greatest accomplishments is being in the Guinness Book of World Records.

She holds the record for most consecutive pirouettes with 55! She broke this record on March 30<sup>th</sup>, 2013 when she was 10 years old. Sophia's fan base grew even larger when she appeared on Lifetime's hit TV show, Dance Moms. Sophia first appeared on the show

on the 2<sup>nd</sup> show of season 3. The episode was about Abby replacing the whole team, using Sophia as a replacement.

She continued to dance on the show for 4 episodes before her and her mom returned to California. Other great achievements in Sophia's dance life are mostly TV experiences. Sophia has performed on The Ellen Degeneres Show, Dancing with the Stars, Disney's Shake It Up, So You Think You Can Dance Ukraine, and more. Sophia's opportunities have led to more than she could possibly imagine. In mid-2013, Sophia launched her own line of dancewear, California Kisses. California Kisses has sponsored Sophia along with one of her



main sponsors and supporters, Kids Artistic Revue, or KAR. KAR is a dance competition, convention, network, and one of the oldest and most successful dance companies. KAR has been supporting and popularizing Sophia Lucia for about a year. Sophia teaches at KAR conventions, makes appearances, and host events. Sophia still dances every week. She predicts she dance 25 to 35 hours a week. She has meet many famous people in the industry, including kid dancers, old pros, and

famous teachers. New opportunities for Sophia open all the time, so she travels all around not only the country, but all around the world. She continues to excel in dance and is making a name for herself. At just 11 years old, Sophia Lucia has made it to places many people can't even imagine.

Written by Kennedy Schreiter

Picture from

<http://la.blocagency.com/talent/kids/sophia-lucia/>

# Ultra Spirit Dance Presents: Golden Dance Awards 2014



Where the fans  
choose the  
winners!

March 8, 2014  
With Sophia Ziegler



Check your local listings

Sponsored By: Today's Dance Re-  
view, Daphne's Dancewear, Shoehorn  
Dancewear

Vote at [www.danceawards.com](http://www.danceawards.com)