

The Dance Worlds: 2015

By Harvey

Another worlds has come and gone... its always my favorite time of year. It's like a family reunion! I get to see all my friends from all over the country!

The road to Worlds is always a thrill for me. I get so nervous counting down the days until competition. Once arriving at Worlds there is no better feeling than the first walk into the event venue. There is such a great energy in the air. The nerves, the excitement...I love seeing everyone's routines each year. There is such a unique style for every country that is always so inspiring to see.

Preparing mentally for me has become a routine. After attending Worlds for 8 years, my traditions have become a routine. While stretching, I always listen to my music on repeat to get me in my zone, after that its time to warm up. This is where the nerves really kick in. Once we are on the floor and the music starts, we start warming up and the nerves start to fade slightly. The worst part of Worlds and performing is the waiting before taking the floor. Once on the floor there is no greater feeling!! This is the reason I can't give up competing. There is such a rush of adrenaline and excitement that I just can't get enough. I love performing for a crowd, and to see the kids I coach watch me dance is kind of a great teaching tool. The stuff I tell them to do to be successful...I can actually show and lead by example. It's a really cool experience.

After competing, it's great to see everyone cheer for each other. Competing against each other or not, everyone cheers for everyone. It's really cool to see. All the hard work is worth it in the end. Once it's all said and done, it's amazing to take the stage as a team and await your fate. As they count down the top 10 the nerves get worse. Once it's down to the top 3, it's almost deafening waiting to hear the names. Then once you hear your name it makes the work, the 5 a.m. practices and the sweat all worth it! No matter how many times I have won, the nerves and the excitement of winning and going through the process never fade. I still get extremely nervous before competing and get overly excited with awards and placements.

After all is said and done, winning or losing at worlds is never what you remember about the experience. The friends I have made, the connections I have forged, the memories I walk away with is what makes the USASF Dance Worlds something that EVERYONE should experience. I have made so many amazing friends that have become family over the years and getting to see them every year to do what we all love is AMAZING! I wouldn't trade it for the world!