

A woman with long blonde hair is captured in a dynamic dance pose against a weathered brick wall. She is wearing a black sleeveless top, light blue denim shorts, and black high-heeled shoes with a white lattice pattern. Her arms are raised, and her legs are in a powerful, expressive stance. The scene is set outdoors, with concrete steps and fallen leaves visible at the base of the wall. The entire image is overlaid with a semi-transparent pink filter.

FROM BEGINNER TO BEYONCÉ LEVEL IN 6 STEPS

LEARN HOW TO SKY ROCKET YOUR
CONFIDENCE IN DANCE

HELLO! I'M EMILY SOPHIE

I'm a dance professional with over 15 years experience working in this industry, both performing and teaching all over the world.

And the most common worry I hear from people around dance is this...

"I don't want to look stupid"

And this is what stops a lot of people from even starting their dance journey and as a result, they miss out on the wealth of benefits available to them through this art form and the transformations it offers.

If this is your fear too, then fear not, because I'm going to give my two cents on this topic and reveal the 6 steps that are going to take you from the above worry, to bursting with confidence and self belief in any dance scenario.

The following 6 steps are simple and easy to implement, but can have profound effects on your confidence when dancing anywhere!

Be patient with yourself as you implement and practice these steps and remember that you have a light to shine, so let's not hide it away any longer!



STEP ONE: POSTURE & PROJECTION

Let's start with the basics.

How you stand, is the foundation for how you will move. So take a moment to think about your posture.

Can you feel your shoulders raised or slumped forward?

Does your head naturally drop down or is your back rounded?

Do you sit in one hip more than the other?

Take a few moments to feel into your body, then go to a mirror and stand how you naturally would-what can you notice?

Rather than point out things you don't like, just be curious and list off the facts of what you see when you look at your stance.

How we stand, how our posture is, affects how we are perceived in the world. It's what we are projecting out-it's an extension of who we are and how we feel inside.

If we start with the basics, then moving from a place of good posture can begin.

STEP ONE: POSTURE & PROJECTION

Once you have felt into your natural stance, now try straightening your spine a little taller, lift your chin ever so slightly (which will lift your eye-line in the process), roll your shoulders back and down, relax your chest, engage your core to help support your back, let your arms drop by your side and place your feet hip distance apart with your toes facing forward.

Notice any shifts in this positioning physically and then, mentally. How does this stance make you feel?

When we fully step into our best posture, we are telling the world we are worthy of being seen.

In dance, having great posture is the foundation for all your movement to come from, so spending time getting this correct is worth it.

Once you feel comfortable in this new posture, practice it daily-any chance you get, whether seated, standing or laying down (we can still hold a lot of tension even when laying down in bed).

When you walk into your next dance class, walk in with great posture, stand with great posture and move from a place of great posture.

Project to the world that you are worthy of being seen and so it will be.

STEP TWO: FIND YOUR AUDIENCE

When you perform on stage, it's usual for you to have an audience to perform to and this can sometimes be daunting.

And how about performing in front of a wall of mirrors and your peers in a dance class? Sometimes this can feel even more daunting!

Dance is about connection. Connection to your body, to your peers, to your audience and to your higher self.

Having an audience kind of becomes irrelevant when you're fully in flow in the movement, because when you dance, it is both an inner and outer experience.

You are performing for the entertainment and pleasure of others, but you are also connecting to yourself in a much deeper way, so in essence, you are performing for yourself too.

Whether there's an audience of thousands of people, or a group of fellow dancers in class, or just you practicing solo, the important thing is to project out what is inside.

When you can truly connect to yourself, no one else really matters in the sense that they cannot distract you from your flow. And ironically, this is when any onlookers will get the most from your performance.

STEP TWO: FIND YOUR AUDIENCE

When performing in front of others, many limiting beliefs can pop up in our heads, worrying about what other people will think of us and ultimately throwing us off our game and out of flow.

Equally, when we are practicing alone in front of a mirror, it can feel very vulnerable staring into our own eyes and making that connection to ourselves and feelings of unease or anxiety can often occur.

To combat the above, we must move inward and fully connect in order to make a connection outside of ourselves.

This is where your breath comes in. Slowing our breathing and giving ourselves a focus other than what is making us feel anxious can do wonders for calming our nervous system and bringing back the calm.

When we feel calm, we are more likely to move with ease and without limiting beliefs or worries.

So before you start to move, breathe. Even for a second. Slow everything down, connect and then move from a place of calm.

I coined the quote "Lose yourself in the movement...find yourself in the magic" because when we fully connect to ourselves and let go of what others think, we ultimately find ourselves in the process.

STEP THREE: GET OUT OF YOUR HEAD

One of the biggest blockers to feeling confident and free when dancing is being stuck inside our head- thinking our way through the movement, rather than feeling.

When we get stuck in our head, we allow our thoughts to take over and this can end up with us becoming self conscious, hyper aware of what others are thinking about us, out of flow, forgetting steps and not enjoying the process.

But it's easy to do this, so don't beat yourself up!

The amazing thing about dance is that it actually isn't that hard to take part- mostly due to the fact that it doesn't require much thought! It is a feeling art form. You are the movement because your body takes over and knows what to do.

It is liberating when you tune into your body and get out of your head, but it can also feel alien if you're not used to doing this.

And so we must practice!

Tuning in to your body wherever possible and notice how your body feels in any given moment.

Our bodies are smart. Really smart! They know exactly what to do if we only trusted them to do it freely!

STEP THREE: GET OUT OF YOUR HEAD

A great way of getting out of your head is to practice the following daily...

Find a space where you won't be disturbed, put on your headphones and favourite song and just move.

No thinking required or allowed!

Just allow your body to take over- feel into every movement and let your body lead.

If/when you catch yourself thinking or find thoughts beginning to race around your head, breathe and literally shake it out.

Shake your entire body to release the tension and place the focus back on your body.

Try doing this for one song and then see how you feel. Continue to practice more and more until it feels natural and normal to give into the movement and give your brain a break!

Practicing this technique on your own in a safe space will make it much easier when you come to dance in front of or with others and you'll find you're more able to get out of your head because your body naturally takes over.

STEP FOUR: GO BIG OR GO HOME

When we feel self conscious, we tend to hide ourselves away to make ourselves smaller, so we won't be seen and therefore avoid any judgement/rejection or ridicule...

But the thing with dance, is that the bigger you allow yourself to be, the more pleasurable the experience will be for yourself and for anyone watching.

When we make ourselves small physically, it has a dramatic effect on the quality of our movement, because it is coming from a more restricted/closed space rather than an open and free one.

It can be so tempting when we feel scared or anxious to shy away from our biggest self, for fear of being seen and we can often take comfort in this smaller space knowing that no one can really get to us inside.

But as with all good things and feelings...it is when we are brave enough to jump out of our comfort zone and into our own spotlight that we experience so much more from ourselves and life.

Take a moment now to allow yourself to feel small, perhaps you notice your shoulders rounding inwards and your head tilting down already?

Next, make any sort of movement from this place-it doesn't have to be complex, just an arm lift or even a walk...

STEP FOUR: GO BIG OR GO HOME

How does that feel?

Do you feel constricted in some way? Perhaps there are emotions coming up that feel uncomfortable?

Now like you did before with the posture step, stand tall, lift your head high and move from this place-again, nothing complex, just keep it super simple.

How did this feel?

Did you feel more open? More expansive? More free?

When we allow ourselves to feel big, to take up space and to allow our movement to come from an open place, it isn't just about the visual appreciation of the moves...it's about how it makes us feel inside.

When we let ourselves be truly seen and move from a place of expansion, we feel good. We feel more free, more capable and more open to the experience.

In short, we have more fun and that always leads to feeling happier and more confident.

STEP FIVE: IT'S A STATE OF MIND

The best dancers aren't necessarily technically better than anyone else, but they have something that oozes out of them, making them magnetic and irresistible...

It's their inner self belief.

The dancers that enjoy dance the most and give the most pleasure to onlookers, are the ones who believe in themselves first and foremost.

Whether you are just starting your dance journey or are a seasoned professional, self belief is necessary.

We must be our biggest cheerleaders, hyping ourselves up when we nail a routine and showing self compassion when we don't.

If we can start from a place of self belief and positive internal talk, then everything else will feel easier and more enjoyable.

The focus gets taken away from whether you performed the steps correctly and instead focuses on how much enjoyment you're getting from the experience.

If we are constantly berating ourselves, comparing and criticising about our lack of this and that, then how can we expect anything that comes out of us (our creative expression) to be positive?

STEP FIVE: IT'S A STATE OF MIND

Our bodies are really clever-they know when we are feeding ourselves positive or negative beliefs and they respond accordingly.

In order to feel confident in dance, we must first feel confident in ourselves and yes, sometimes this is easier said than done!

But there is a way we can get to a more confident version of ourselves more quickly and that's through embodying our future self.

To do this, we must first take some time out to imagine what our most confident self looks and feels like-how do they walk/think/talk/eat? How do they interact with others? What do they wear?

Try and think about as many details as you can.

Next, step into this version of yourself and notice how it feels to be this person now. What emotions are coming up?

Close your eyes and visualise this future you and really embody those feelings of confidence in your body now.

When you are feeling anxious or doubting yourself...step into future you and start being that confident person now. Act as if future you IS you now.

STEP SIX: TELL YOUR STORY

One of the most beautiful things about dance is that it is about so much more than movement.

It has so many layers to it and they keep unfolding the longer you allow yourself to keep learning from it.

One thing that can transform a person's experience with dance and make it truly unique to them, is how they tell their own story.

Whether you are dancing ballet, jazz, hip hop or heels...every routine, every move tells a story.

Now, I don't mean you have to come up with a novel filled with characters, plot twists and a beginning, middle and an end...

What I mean is that when you dance, you get to express yourself however you like and THAT is how you tell your story.

Even when a group of people are performing the same choreography, they have the opportunity to feel it uniquely to them and as a result, share a part of themselves with the world.

Storytelling in dance can make people feel very vulnerable and this is totally understandable-it is showing a piece of your soul, baring your innermost feelings and can be scary to do sometimes.

STEP SIX: TELL YOUR STORY

And sometimes that fear will continue to appear no matter your level of dance or what age you are.

But despite the fear of being vulnerable possibly always being there, there is such freedom and beauty on the opposite side of this when you feel brave enough to let the world see who you truly are.

When you tell your own story, the dance becomes more than movement and it evokes more than the feel good high from the dance endorphins...it stirs up emotions stored inside you that get to be released and you feel free.

There is no questioning whether you are in this storytelling flow or not, as it is such a visceral feeling that you won't be able to miss it and neither would the audience.

A good to practice this is by tuning into yourself and your emotions. Notice how different music makes you feel-what songs can you relate to? What songs evoke feelings inside?

Pick a song you feel drawn to and let yourself move-let your emotions rise to the surface and then release them.

If there's something you're working through at the moment that feels difficult and you're finding it hard to process-dance it out and let your movement speak.

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