**LOVE MY DANCE, LOVE MYSELF**

**By Venina Bayu Ruthantien  
071911633013**

There are many activities that I like to do in my free time. However, dancing is my favorite activity, dancing makes me happy and relaxed. Dance is something I do hard, something I use to spend time and effort. Dancing isn't just the body that makes some random movements, it includes music, rhythm, body coordination, memory, and creativity that might be interesting and enjoyable for some people. Dancing is something that is relatively easy to do. Anyone of any age can do it. Whether dancing at a wedding, or just dancing at tiktok.

There are many types of dances. Some are traditional, modern, hip hop, ballet, and others. I like traditional and modern especially the K-pop dance. Since I was a child I loved to dance freely at home, so when I was in elementary school I took a traditional dance class and learned various dances at that time. I stopped dancing when I was in middle school and then danced again in high school. Now, in the college, I also join traditional dance team named Asmaradana to vent my enjoyment of traditional dance and also to continue to love Indonesian culture. Not only traditional dance, to keep up my hobbies and passions, I also joined the K-pop dance team with my friends named Best Young Evolution (you can see at Youtube). There are 20 girls and 15 boys in my group. I joined since I was in middle school and started practicing together at dance studios every week to perform in dance competitions in front of many people.

The most exciting part in dancing is during the dance competition. When the competition day arrived, I put everything I had learned about dancing for weeks or months and showed it all to the hundreds of people who were watching me. To be the best dance I can, I need to practice during my free time alone at home and at the dance studio with my friends. Before I am able to perform (with my group), I need to make sure my hair, and costume looks perfect. When we are ready with our costume then it’s time to practice the dance before we performed. When the music starts is when I need to begin my dance. It's time to show the world what I have learned about dancing over the months.

Dance is the one thing I really like, and I miss dancing and my fellow dancers. But because of the COVID19 pandemic, I couldn't go to practice and dance together in a dance studio. I can only practice and dance at home and I have to wait until the COVID19 pandemic ends. I hope that the vaccine for this virus will soon be discovered, that everyone will recover and be able to return to their normal activities, and in the end, I can dance with my friends.