

Share

 your news, photos
 and calendar events!

[Publish your photos](#)

[Publish your news](#)

[Publish your events](#)
[Return to Blue Ash Community Page »](#)

Friday, June 26, 2009

Born A Dancer

 Contributed By: [Janet Gora](#) | [Zion Lutheran Church](#)

Kristen Vonderbrink, resident of Blue Ash, on the Board of the Down Syndrome Association of Greater Cincinnati, full time employee at Fifth Third, young adult with Down syndrome and dancer extraordinaire wrote this column describing what it's like to be a ball room dancer as she has taken a year of lessons at the A-Marika Dance Studio in Sharonville.

There is a big percentage of people in the U.S. that watch Dancing with the Stars, and wonder how these professional dancers don't sweat that much and how it comes easy for them when they perform and practice day after day. It's AMAZING how these pros are born as dancers and it shows when we watch them on television and how they mentor and teach the celebrities how to come out of their cocoon and blossom into a performer dancer and at the same time being entertaining. These dancers just have a passionate soul when it comes to music and how they have flexible muscles is insane. As a pro they don't sit out, because they love doing it and because it is who they are as human beings. They have so many dances that I can't possibly name them all, because it's insane how the pros know all the type of dances they do.

Ballroom dancing might not be your thing, even if you do your free dance in your room where you can have the peace and quiet you ever want. It is not your typical free style dance. It's all about having fluidity in your body, having the right footwork, acting, actually feeling the character that goes with that particular music choice, having the right form and stance you have with your partner that you have to trust. You have to have that gut feeling as a celebrity about not thinking about it too much. You have to go out there and just let everything that you have in yourself shine through. You have to hope for the best that you get on the judge's good side and your fan base will keep you in throughout the competition, so in the end you can hold that mirror ball trophy above your head and have that feeling that you've made it that far that you can actually admit to yourself that you are ballroom dancer.

I am nowhere near being a professional dancer by any means, and that is the god-honest truth right there. I might have the moves and I can get really wild. That is the only dance that I feel like I am myself. Everyone has those kinds of dances that they like to do for fun.

Taking basic general ballroom lessons, has actually made me realize that there are people of all kind of special needs people who are born as dancers and it shines through when we dance that shooting for the stars. People don't have to be good at it at first, once you get the footwork down pat then just go with the flow of the music and that's how you know that you can actually dance. It's just an incredible feeling to have. We have an amazing teacher that teaches us the right steps and she is amazed how it really satisfies her heart, how it has been amazing for us, and for her to see us improving all the time. We have the most fun doing it and have a great camaraderie with everyone that is there, even the people that are actually volunteers.

The dances that we do in an hour are the swing, the Viennese waltz, foxtrot, quick step, two step night club, everyone's favorite line dance is the cupid shuffle, and we just now are learning the Tango. These young adults that are there on Wednesday evenings now we really get into it and have a positive attitude when we go in. We are all there to learn from the best, and to do those dances when we go out in public. I surely have. We don't need an Idol judge to judge us on our singing, because we are here to state that we are born dancers.



The gang of born dancers at A-Marika's Dance Class

- » [Blue Ash Local News Headlines](#)
- » [Blue Ash Share Headlines](#)
- » [Blue Ash Share Photo Gallery](#)