



## Power of the First Twirl

BY ALICE FITZGERALD • PHOTOS COURTESY OF ALICE FITZGERALD

Recently, in one of our *Tots Who Twirl* classes, I had a little boy who was attending his first dance class. He was all of 19 months. He was enthused by yoga, and animal poses, and was super smiley when we played 'tipping like a boat.' It was infectious and adorable! Moments after as we stood up and starting twirling together, his mother exclaimed, "His first spin!" It struck me how special this moment was.

Though so many milestones are significant in a little person's life, this one was powerful, too. In that moment I felt the joy of moving to music with children. Dance comes from the heart. Throughout history — dance pulsates through every culture and helps us understand our own humanity.

Children of all ages can experience translating their feelings into movement — whether they feel joy, excitement, love, or even frustration and sadness. They can learn that these are all part of the power and gift of dance.

Watching this tiny person respond with joy and ease, discovering a new way his body could move, was perhaps as heart-warming as a parent watching their child take their first steps. That moment, that twirl — is truly something to celebrate.

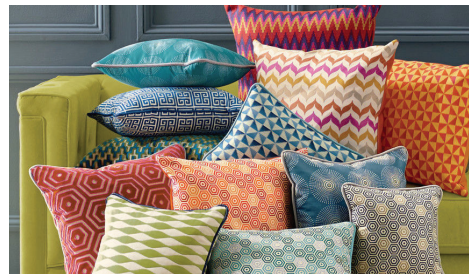
*Alice Fitzgerald is the founder of Dance with Miss Alice.*



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