

Kay Narration Script: Stage 3

I remember watching Dirty Dancing when I was about 5. I used to roll up my sleeves and prance about like Patrick Swayzee. The dancing thing all kind of started there really.

I try and express myself through a range of different disciplines but dancing and choreography is where I'd say I feel most at home.

I see it as an exhibition of your internal anatomy. I can exhibition my thoughts and feelings without verbalising a thing. You can take something as horrid as violence or emotional turmoil and present it as something attractive or insightful.

With all the experiences I've had, there's a lot I can offer the platform. Why waste it? Just harvest all that energy and create something.

Dance, especially, and manifesting your supressed emotions into movements is exhilarating in all kinds of ways. It makes me feel when sometimes I otherwise cant.