

Issue 8

# DANCE BOSS



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by  
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# WELCOME TO THE DANCE BOSS E- ZINE



*"Lose yourself in the  
movement...find yourself*

*in the magic"*

*-Emily Sophie*

*@iamemilysophie*

Hi there and welcome to the Dance Boss e-zine created especially for dancers. My name is Emily Sophie and I'm the founder of Dance Boss. This monthly mag aims to provide you with tips and advice about all things self care, mindset, wellness and personal development, as well as giving you an insight into the minds and lives of amazing professionals in the industry to help inspire and motivate you in your own life.

Each month we also recognise a 'Dance Boss of the month' where we celebrate someone in the dance world who has been nominated by their friend/peer/teacher etc and take a peek into their life as a dancer and their love of the art form. This is your chance to go and show them some love and make new friends in the industry-remember, we're all in this together!

To find out more about Dance Boss, simply head to [www.danceboss.co.uk](http://www.danceboss.co.uk) where you'll also be able to get your hands on our exclusive Dance Boss products (pictured right). You can also find us on Instagram [@dancebossuk](https://www.instagram.com/dancebossuk) so come and say hi! If you'd love to nominate someone to be Dance Boss of the month, then please get in touch at [info@danceboss.co.uk](mailto:info@danceboss.co.uk) or send us a DM on Instagram.

Be consistent. Stay tenacious. Always persevere.  
Emily Sophie







## HEALTH & FITNESS

with Lucy Hoogstraten

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Photo by [@itstararoney](#).

Hey! I'm Lucy and I'm a dance teacher/instructor and personal trainer based in Ealing.

I've danced since I was able to walk! My mum couldn't take my constant dancing in front of the TV anymore and so had no choice but to take me to ballet lessons.

I remember dance competitions more than I remember school, I lived for them. I always dreamt of dancing in a company and ballet was my absolute favourite.

But at 14 years old I was diagnosed with scoliosis and was told there was no other option but surgery, where they fuse your spine with metal rods to make it straight. I was devastated. The first thing I asked was when I'd be back dancing. They told me it wouldn't be for a year after and that I wouldn't dance the same. My back was so flexible I was gutted I wouldn't be able to do a walkover ever again!

The thing is as dancers we're pretty stubborn when it comes to injuries, so I decided to prove them wrong, and I did! Not the walkover though that still sadly is impossible. But I was dancing in a competition about 4/5 months later. In the time that I was at home recovering I didn't have any time to worry about how people will have improved, I just needed to get back, so all my energy was on myself and that's how I got back so quick.

Determination and hard work was really the secret to my quick recovery.

I got into Laine Theatre Arts in 2013 which I wasn't sure was possible! I learnt so much about my body whilst in training but felt pressured in the dance world because of my back. I did a few dance jobs, but I just lost the love of it. That's when I turned to teaching and then eventually fitness instructing/personal training. I teach in a variety of categories but my favourite to teach is dance cardio. I found my love of dancing again when it stopped being a competition and more about being happy whilst keeping fit. This is the happiest I've ever been, teaching something I'm passionate about and seeing others smile!





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Photo by [@itstararooney](#).

My top tips for anyone starting or continuing their fitness journey:

1. Find a form of exercise that you can't wait to get up and do! If you're doing something that you dread, you'll never improve and you'll start to resent exercise. I couldn't stand getting up early and going for a run, but HIIT or dance workouts just leave me beaming after. Try some classes out and find your mood booster!
2. Exercise for your well-being. Find a reason to exercise other than for physical appearance. When I started focussing on how working out made me feel, I became so much happier in myself.
3. Don't compare. As I said at the start, it's so easy to look at what other people are doing and feel deflated in your own progress, but this is about you and no one else! If we were all the same the world would be a pretty boring place, focus on what you can physically achieve, and be proud of what you have achieved! Once you're completely confident in yourself, everything starts to come together, I promise.

Keep going, you're doing amazing!







## ASK THE DR

with Dr Samantha McElligott

IG [@theleadershipdr](#)

[The Leadership Dr Blog](#)

**Q** - I'm finding it so hard dancing from home and not in the studio, but I'm also scared that when we do go back I won't be as good as I was and I'll struggle. What can I do?

**A** - Oh goodness, what a tricky time! So much of dancing, and exercise in general is about the collaborative environment - being with others, getting that important contact and feedback, someone pushing you and making you strive for more, that competition and also support in the exercise world. Aside from that, how many of us actually have the right room for dancing? Sprung floors and expensive lighting, not to mention air con?!

It's only natural that you don't feel the same sense of reward or motivation when you are at home, and to be brutally honest, not all of us thrive via video meetings. The comfort to take from this is that whether we are ok with online portals or not, we are all currently in the same boat, with a shared sense of isolation and fears. Even your Teachers running the virtual classes will be feeling the strain. Humans are born for connection, and we have basically spent more than a year being told to disconnect as much as possible. We have lost so many freedoms, as well as greater losses, so is it any wonder that you are feeling so flat?

Go easy on yourself, just by doing some exercise, some dancing at home you are still showing your commitment to dance, and your own wellbeing. If we are going to cope with a hugely stressful period in our lives, we must keep doing something to boost our well-being. Dancing is one of the very best things you can do, even if it's not precise, or for a shorter duration. Just moving your body, listening to some music, being creative and expressive are a huge tonic to the anxiety and loneliness we are all feeling.

Of course, when we do get back into a studio, we are bound to be rusty, after all, none of us have had the opportunity to really practice as we would do normally. After so much disconnect, we are bound to need some acclimatisation time to get used to being around people again, doing things in front of others, being in a classroom environment. No one is expecting miracles, except perhaps ourselves. Think about your best friend, what advice would you give to them? I would certainly be telling my best friend that they're doing really well, that they've got this, to go easy on themselves and not expect too much too soon.





## ASK THE DR

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Like recovery from an injury, we have all experienced a major setback to our regimes, so we are bound to need more time to get back to full speed. Aaand, just like an injury, if we expect, or do too much too soon, we will only hurt ourselves more. What we are currently experiencing with the Pandemic is like a social and emotional injury, and we really need to extend as much kindness to ourselves, and others, as possible. That is the only way we will all recover fully and be able to express ourselves fully.

Take your time, be gentle with yourself, and above all, talk to yourself as you would your best friend. Only by being kind can we tap into our best selves.

**Q - I'm about to graduate from college, but I'm not sure I want to continue with dance. Over lockdown and the whole Covid situation, it's been really hard to stay passionate about my dance career and I've been thinking that I might want to re-train, but I'm not sure what to do. I don't know if it's just lockdown that's made me feel this way or if it's truly what I want now. Please help!**

**A -** That really is a tricky one, and I feel for you in this situation. Lockdown, and the whole pandemic has really put us all off-kilter, questioning what we want and don't want. It is really hard, though, to make good decisions when we are in a heightened and anxious state (and let me tell you, the pandemic is, by its very nature, putting us ALL in an anxious state). It is hard to stay passionate about anything when we are feeling so isolated, so restricted, and so direction-less. The fact that there is so little variety in our days tells our brain that we can just 'hibernate.' Why do we need motivation and passion when we are just trundling along at half-speed?

The key is to set small goals that we can look forward to and work towards. Maybe not daily goals, let's face it, it's hard doing anything right now! But something to work towards, to look forward to, even if it's not a work or career goal. Even just setting a date (which, yes, may change) to meet up with friends again, or having a look at staycation options just for a night or two in the summer. By giving ourselves something to focus on, we regain some control over this helpless feeling of restriction and isolation.





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Of course, we must remember to tell ourselves that the dates could change, that we are subject to a changing situation. This way we don't rest all hopes on one thing at a certain time; it's more an idea of when things could happen.

Sadly, none of this tells you what you want to do with your career, and I'm sure you know that only you can answer that. I would suggest that you make no big decisions just yet. There's no rule that says you have to have everything sorted by graduation time. It may feel like everyone else has got their life sorted, but we can only make guesses about that. We are all different, and have different needs and goals. What you want now may change in a year, or ten years, or never. What we do know is that you want to do something that fuels a passion in you - this is a great start, as not everyone has a passion. While your dancing may feel a little jaded for now, that's fine because you don't have to make any decisions just yet. If you need to earn money, there are plenty of jobs that will fulfil that aim, while allowing you to focus on what you actually want to do. Just because the answer isn't immediately obvious doesn't mean it's not going to come along. Be kind to yourself, we can't ever have all the answers, and maybe you need some time to really think about this. Time that isn't forced upon you and keeping you listless and demotivated.

Put in place some goals, have things to look forward to, and by all means explore other career paths, or online learning, or even volunteering - there's nothing like giving something back to bring about purpose and passion. Once you feel that you are firing on all cylinders again you can think more seriously about what the future may hold. It's ok not to have a ten year or five year plan. While you make these important decisions you can just tick along, there's no measure for success, only your perceptions of what other people might think of you. Go easy on yourself: This is a difficult time, and you are at a crossroads with your next step. That takes some consideration, and deserves lots of thoughtful attention. You don't have to have all the answers, just an idea of what you need and what you might be able to do to fulfil that need. Even if that need is simply to earn a bit of cash while you dream up your bigger goals. Good luck!







## NLP

with Kamran Bedi

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[mindbodymethod.co.uk](#)

Master NLP & Hypnotherapy coach Kamran Bedi, offers multiple training courses throughout the year for people to become certified NLP/Hypnotherapy coaches and has a special offer for all dancers/performers!

This is life changing work and will help you to live your best life possible.

For upcoming dates, please see below:

**NLP Practitioner Certification. Online Zoom Training:**

Weekend one – June 18th, 19th, 20th

Weekend two – July 2nd, 3rd, 4th

Weekend three – July 16th, 17th, 18th

**NLP Practitioner. Online Live Zoom training:**

Weekend one – October 1st, 2nd, 3rd

Weekend two – October 8th, 9th, 10th

Weekend three – October 15th, 16th, 17th

**NLP MASTER Practitioner. Online Live Zoom training:**

Weekend one – November 19th, 20th, 21st

Weekend two – November 26th, 27th, 28th

Weekend three – December 3rd, 4th, 5th

If you are interested in taking part in one of the above courses, then please email Kamran at [info@kamranbedi.com](mailto:info@kamranbedi.com) to find out more and quote "DANCEBOSS" to get the special discount!





## LIFE LESSONS

with Dance Boss Founder  
Emily Sophie  
IG [@iamemilysophie](https://www.instagram.com/iamemilysophie)  
[www.emilysophie.co.uk](http://www.emilysophie.co.uk)

Hello Dance Bossers! Seeing as May is my birthday month, I thought I would write a little article for you all with 34 lessons/tips that I've learned so far over my 34 years here on Earth. Take what you will, leave what you don't need and remember that you are amazing.

1. Be kind to yourself every day
2. Drop your shoulders and breathe deeply
3. Move your body daily
4. It's **not** personal
5. YOU create your reality
6. What you focus on grows
7. Follow what makes you happy
8. You have so much to offer
9. Get quiet and go within
10. Everything starts with your mind
11. Meditate, even when you don't want to
12. Stretch your body!
13. Dream BIG!
14. Anything is possible
15. Love with all your heart
16. Practice gratitude
17. Stop comparing right now
18. Be happy for other people's success
19. Smile, it changes your mood
20. Ask for help when you need it
21. Listen
22. Look for the signs from the Universe
23. You know YOU better than anyone else
24. Help others
25. Never give up, but pivot when necessary
26. Try everything! (Disclaimer-nothing dangerous for your health or others!)
27. Believe in yourself first
28. Read, write, dance, move, laugh-get out of your head
29. Practice relaxing
30. Let go of guilt
31. Enjoy the little things
32. Everything happens for a reason
33. You're right where you're meant to be
34. Laughter is the best medicine!



# THIS MONTH WE CHAT TO

## ANDREA MARICI

IG [@DREWMARICI](#)  
[YOUTUBE SHOWREEL](#)

**Hi Andrea, thank you for being here! We'd love to start by getting to know a bit about you and how you got into dance?**

Hello! I'm Andrea Marici. I'm from Italy and I started dancing at 16 years old! I got into dance because of my sister who was already taking class in a studio here in my city.

I took a class too but I didn't like it at the beginning. I was playing basketball at that time and after 2 years, I tried dance again and I fell in love...I was doing both sports...dance and basketball...but later something happened and I was expelled from my basketball team...( I guess it was meant to be)...so dance became my main passion.

**How was the dance scene in Italy when you were growing up? Were there lots of opportunities for you to take class and perform?**

Italy at that time had a lot of influences by France; Hip Hop old school style, freestyle and battles were the main thing.

But I was attracted by singers performance and concerts, so I had to search by myself classes around Europe and at 17 I did my first travel alone in Denmark to Study with Justin Timberlake's dancers. Going out of my country and meeting other people from Europe was something that changed my mentality forever.

P.s I was working as a Sous Chef at that time, so I saved money for that travel .

**What has been the best dance experience you've had so far and why?**

I've danced for many artists like: Camila Cabello, Pitbull, Ellie Goulding...but one of the best experiences was the MTV EMA 2015. Justin Bieber, Jason Derulo and other artists were there ...and to me, it was incredible to be in the same show with dancers that I was learning their choreography everyday from YouTube in my garage in Italy.

That experience means to me that everyone, even with small capacities, if the dreams are big, the time and the strength to realise it doesn't have limits.

P.s The year before I was rejected at the audition in London so... NEVER GIVE UP!!!!!!



Photo: [@olgalioncat](#)



# THIS MONTH WE CHAT TO

ANDREA  
MARICI

IG [@DREWMARICI](#)  
[YOUTUBE SHOWREEL](#)

What has been the best piece of advice you've ever been given in the dance industry?

Unfortunately I never had a mentor...I learned everything from my mistakes and try again every time...I always say that "If I was young, I wish to have a mentor like me to help me not make mistakes and waste time"...and thats what I'm doing with young generation dancers...I help them to go straight to their goals and avoid unnecessary steps.

What keeps you going when things get hard and you face rejection or obstacles in dance?

I just keep going...I've already faced a 4 year hard period in my life for personal reasons, and I went out from the Industry, but I was still dancing and I improve my knowledge every day, to prepare for whenever I was coming back! And 4 years later I started again to be booked in jobs. Dance is something that our mind and body need... we started dance for Instinct not for money. Of course it was hard do other kinds of jobs, but now I feel that I'm not scared anymore of rejection. The important thing IS KEEP PRACTISING, KEEP GOING and remember why you chose this passion.

"KEEP  
PRACTISING,  
KEEP GOING"  
-Andrea  
Marici



# THIS MONTH WE CHAT TO

ANDREA  
MARICI

IG [@DREWMARICI](#)  
[YOUTUBE SHOWREEL](#)

If you could go back in time and give your younger self some words of wisdom, what would they be and why?

Maybe it would be "Be more value to yourself and stop comparing...learn but not compare...everyone has a different story/background"

We'd love to know what you're planning for the future-can you tell us about some goals/dreams you have?

I think I will come back from where I stopped my dream 4 years ago. I'll go back to USA find again an agency and try to work there for a while. Later I will open a Bubble tea shop :)

When you're not dancing, where would we find you?

I'm a huge fan of movie theater...so you can find me there or at the park with my dogs!

*"Be more value  
to yourself and  
stop comparing"*  
-Andrea  
Marici



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IG [@jada\\_mc](#)  
Photo by [@sinrosephotography](#)

## Jade McHugh

Hey my name is Jade McHugh. Thank you for having me as part of the May edition, it is my birth month so I am so excited. My family always say I was dancing before I was walking and I started dance class at the age of four. My mam and dad put me into a ballet class, I achieved and got distinctions in most of my grades and continued on into pointe work classes and exams. I loved it and I trained in that style for fifteen years. Those years of training still stick with me and the tools I learned have helped me through my dance journey. I was known as a turner in ballet class. I love Pirouettes.

During my training in Ballet I also joined Ballroom and Latin classes. I fell in love with Ballroom and Latin straight away. I would go to my privates after school. Saturday was the main day to train. We would bring cans of peas and beans to every class and do conditioning for maybe the first 45 minutes-1 hour and then train the rest of the day. Yes, I had great friends but when it came to competition time none of us played around. We all wanted to win. I won my first championship at the age of seven and continued on. I trained in this style for 7/8 years and I saw parts of the world like Sweden.

In Sweden we went to a workshop and I will never forget the man that walked in. He was one of the top Ballroom dancers. I had no partner travelling on this trip, but the teacher asked me if I wanted to dance with him. I remember this was during a time where I was losing a lot of my confidence and he stopped the class and the words he said to me will never leave me. He sparked something in me that day and I wanted to win one more championship before I hung up my shoes. I left shortly after. I was gutted to close that door and I thought I would never dance again, but when one door closes another one opens and this style taught me a lot about music and rhythm because at competitions you never know what the song is going to be as you just learn on counts and then you and your partner figure it out on the day. We would have around 7-8 dances at a competition, you would do your Ballroom dances and the changes for Latin rounds.

I then went on to train in Hip Hop. I trained in Locking, Popping, Breakdancing, House and so on. My Ballet Teacher and Hip Hop Teacher were sisters, so we would do a joint show each year. We did The Lion King and The Hunchback of Notre Dame and finales.





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IG [@jada\\_mc](#)  
Photo by [@coles\\_photographyy](#)

## Jade McHugh

I remember I had around 11 numbers in one show and I was changing from point shoes in ballet to hip hop but I had the best times performing on stage and the adrenaline would help me with the quick changes at the side of the stage. I would have about three suitcases for every show for each day. I always needed to be organised. I was part of a dance crew called Gravity at the time. I had great times and travelled to England with them, but I really just wanted to grow as a dancer and human.

I heard about a show. My friend Grace had won ticket's and she asked me to go with her, it was called Exposition. I remember watching the show in awe. I had always wanted to train with Fly Dance Company but was always scared I was not good enough. After the show my friend Liam, who was apart of Fly company ended up introducing me to Kerrie the owner of Fly. I had always been inspired by Kerrie and I was so nervous to meet her. We ended up having a chat for a few minutes and I knew I wanted to go to Fly. Her energy was so special and she was the sweetest person.

That day I walked into Fly was probably the scariest thing I have done and was way out of my comfort zone, but hand on heart it was the best decision I have made. The people I have in my life are family to me, I expanded in every way and I pushed myself. I stepped out of my comfort zone and I have amazing people around me constantly pushing me and cheering me on giving me amazing opportunities. I am Inspired daily. I trained in many more styles and it was the first time in my dance journey that I was, like, maybe I can do this and make this my career. I have so many amazing memories with my family but being apart of the Mega Crew was a highlight. For me I loved every second of it and it was just before Covid came, so I was blessed to be able to have all that time with them before we were not allowed to dance together but we will be back again soon, hopefully dancing together. Training online has kept me going through all this.

I have so many goals. One is to be at peace with myself and be happy. I will never settle. I'll always train and work hard and always keep growing as a human and dancer. I would love to perform in a musical. I would Love to go on tour with a music artist and I would love to travel more and see the world. Austraila has been on the list for a while now. I would also love to perform on Award Shows-you name it, I would love to do it!

I have always's loved working hard. My grandad always told me about hard work from a young age and how if I wanted to be great, I would need to put the work in. My family are my heroes and I would be nothing without them. I have so many people around me that constantly inspire me.

# FIND YOUR INSPIRATION

**DANCE BOSS**  
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To celebrate Dance Boss founder Emily Sophie's birthday, you can get 34% off our PDF Workbook on Wednesday 19th May with the discount code **BIRTHDAY34** so be sure to set a reminder in your phone so you remember! Check it out [HERE!](#)



If you're looking for some inspiration-check out worldwide dancer/choreographer, Bobby Newberry! He's a firm favourite at Dance Boss and we think you'll love him too! Check him out [HERE!](#)

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