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We need this. This is not a luxury—it is a necessity.

SIR SIMON RATTLE

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Dance is Esperanto with your whole body.

FRED ASTAIRE

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*Dance is the only art of which we
ourselves are the stuff of which it is made.*

TED SHAWN

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*[When I dance], I sort of disappear, I feel a change
in my whole body... there's fire in my body... I'm just there...
I'm flying like a bird, like electricity.*

FROM THE FILM *BILLY ELLIOT*

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*Wherever the dancer steps, a fountain
of life will spring from the dust.*

RUMI

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If life brings you to your knees, do the limbo dance.

ANONYMOUS

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On with the dance! Let joy be unconfined.

LORD BYRON

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*Sometimes you get lucky and find a soul
that dances to the same beat as you do.*

ANONYMOUS

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SUSANNA CLARK

.....

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