



# Like No One's Watching: The Simple Guide to Acing Dance Competitions

*Bill Calhoun*

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## **Like No One's Watching: The Simple Guide to Acing Dance Competitions** Bill Calhoun

Dance requires strength, clarity of mind, dexterity, agility, sharp senses, strong instincts, and most of all, confidence. If even one of these elements is not in place, it can mean the difference between a great routine and a less than great routine.

Dancing well is a mind game. Your fear isn't really that you'll forget, or fall – it's simply a fear of being vulnerable onstage. In this book, I hope to help you to overcome that vulnerability, and to help you face those fears. Whether you've frozen in front of judges before, or if you just didn't place in your last competition because you let your nerves get to you, or if you're about to do your very first competition and you're not sure what to expect, this book will help you find the focus and confidence you'll need to excel. As a choreographer, dancer, and competition judge myself, I want you to be informed, prepared, and ready to hit that stage and look the judges in the eye. I won't promise a magic fix for pre-competition jitters, but what I am promising you is a guide to the steps you should take to ensure you are as prepared as you can possibly be.

You already have the training and the choreography. All you need is the heart and focus to overcome those butterflies and get them to dance with you... like no one's watching!

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