

Issue 18

DANCE BOSS



Issue 18
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Cover: [Sophia Marrapodi-Bove](#)
Photo: [@bcitstaylormade](#)

by
Emily
Sophie

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.

Inside each issue you'll find an interview with a dance professional, sharing their life experiences, learnings and stories in dance.

Our aim is that by the time you finish reading, you'll feel inspired and motivated to pursue your own goals and dreams—no matter what they are, knowing that if they can do it...so can you!

Be sure to check out our cover stars with their links provided in the interview and remember to share this e-zine with someone who would enjoy it too.

Feel free to come and say hello to me on Instagram at [@iamemilysophie](#)

Be consistent.
Stay tenacious.
Always persevere.

Emily Sophie

DANCE BOSS

CONFESSIONS OF A DANCER by Emily Sophie



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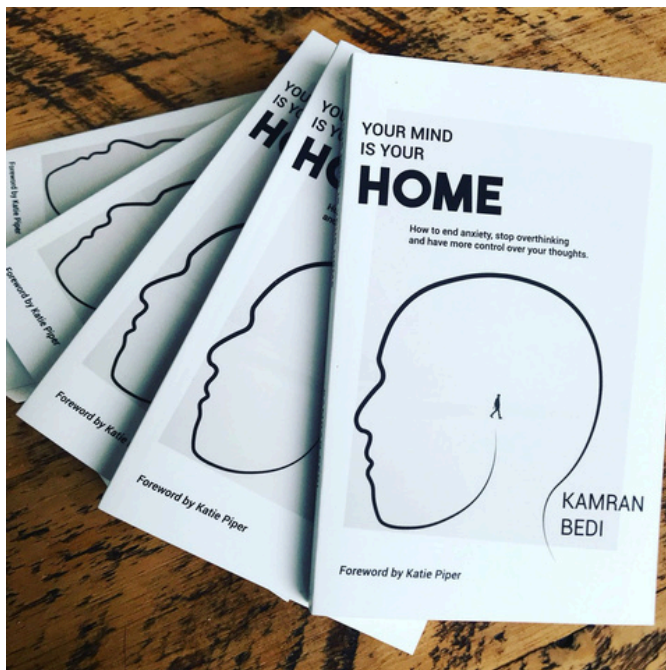
Master NLP & Hypnotherapy coach Kamran Bedi, offers multiple training courses throughout the year for people to become certified NLP/Hypnotherapy coaches and has a special offer for all dancers/performers!

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

For upcoming dates, please see Kamran's website above.

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

You can also find out more about Kamran's self help book "Your mind is your home" from www.kamranbedi.com (as seen below).



DECEMBER

*Now is the
best time to
start*

AFFIRMATION

THIS MONTH WE CHAT TO

SOPHIA MARRAPODI-BOVE

IG @SOFIRE_DANCER

Hi Sophia! Thank you so much for being our December cover star! Can you tell us a little bit about yourself and your journey in dance?

Hey. Thank you for thinking of me.

So I didn't grow up a studio kid. We just didn't have the means. So I'm not one of those "started dancing since I was 2" but, I would watch dance and try and copy what I saw, I feel I have always been dancing.

I taught myself the moonwalk, watching Michael Jackson and I remember thinking "how does he do that" I would record him and then play it back slowly and try to copy him.

Growing up in Hollywood, Florida (south Florida) no matter your age, we would booty shake "twerk" .. so my first two moves were moonwalking and twerking.

One day got the chance to get into Step, it being free at the school I went to, I was able to. And man I loved it. I was really good. I ended up Stepping for 6 years. And that was my official intro to dance.

I started working at 15 and was finally able to make some money, by 17 I was able to take real dance classes at a real dance studio.

One of my first Hiphop teachers was Pablo Malco, I will never forget him. I was lucky enough to perform and dance for artists and videos and live performances while in Florida.

After a few years I knew I wanted to see if I could do more. So I moved to New York.

Juggling life and living alone and no help, no family, no friends, no job at first. I definitely can say I made it.

Dancing with various artists and venues. And getting into teaching from training under some top teachers in New York.

Though I never went with an agent, that didn't stop me from doing things.

What do you love most about dancing?

I love moving my body, I love music. And being the two go hand in hand. And I do love seeing the music. When you dance you pull the musicality out even more.

What would you say has been your biggest lesson as a dance artist?

Being involved and seen. Not in an "always in the front", but in a, always show up for class, make sure you speak with your class peers and teachers. Be ok with keeping foundation in your schedule, it's not always about the super hard choreography classes to just "look good" or "to prove something".



Photo: @allyvivals

THIS MONTH WE CHAT TO

SOPHIA MARRAPODI-BOVE

IG @SOFIRE_DANCER

Can you tell us what a day in the life of a dancer/teacher in NYC looks like?!

Well, a day in the life of a dancer/ teacher isn't too different from each other in the start, at least for me. Then of course add NYC part, it has its challenges and perks. First Wake up, stretch and drink a full glass of water. Check the schedule for the day to prioritize what needs to be done first. And where you have to go so knowing which trains and which path is best to take to get you there.

Prepping If it's teaching Class, then get choreography ready and how the lesson plan will go.

If it's Rehearsal, practice what has been taught, if it's not the first rehearsal, so when going into rehearsal you are ready for anything new to come up or any changes that may be made.

If there is time in the day between classes that are taught or rehearsals, find classes you can take, either basics to brush up or just be in tune with your body, easy choreography classes to boost confidence, or something hard or out of your comfort to really train and get better.

Listening to music to find your next class inspiration or just to get lost in music. If you have to promote, make a little time (and I mean little) to be on social media to post or network. Plan projects you want to do, i.e videos, concepts etc.

Submit to things that benefit you i.e auditions, teaching places etc.

And of course everyday living things, brush teeth, wash body or if it's hair wash day, make or prep for breakfast/lunch/dinner etc. and to add taking care of two little ones.

If you are out all day, pack a bag according to what you need. Sometimes it can suck if you are out and you didn't pack for it. I will definitely become a bag lady, carrying everything around with you.

Now that being said, Being in New York, it isn't ideal to use taxis everywhere because of the money spent and when you have to go from gig to gig or class to class in short time, the traffic can take more time, the subway is best (when it works great, when it doesn't that's a whole other difficulty in itself). The perks of NYC living is so many opportunities and so many classes to choose from, which is also hard as a teacher because there are so many for students to choose from.

If you could go back and talk to your younger self, what advice would you give them?

Thinking you have time. Don't fall into the "oh you have so much time" because one day.. you won't. And I don't mean as an age thing. I mean getting where you want to be.

And don't be afraid to ask. I realized things later than I should have because I just didn't know.



Photo: @enigmaworld_bw

THIS MONTH WE CHAT TO

SOPHIA MARRAPODI-BOVE

IG @SOFIRE_DANCER

How do you juggle motherhood and your dance career?

I find pockets of moments to get things done in fragments until I am able to get it all done. Sometimes I am able to finish something. Most of the time I'm chipping away at it until it's done.

There are definitely better days than others. Sometimes there are days that seem like they won't be figured out. I am grateful for being able to do what I do and to have the opportunity to bring my children with me.

Not to scare anyone out of having kids, but there are jobs that I let go by because I just can't do it. And that's ok. I have to say no to some classes because I have to weigh out if it makes sense. And that is the hardest for me, because I have always said yes to everything. But thankfully I am able to work out most of it.

I regularly teach 11 classes a week between my adults and kids I teach, plus added classes I teach when called to sub at various Studios and where I usually teach, plus workshops that can be a one time couple hour workshops to 2-week or 10 week workshops, which adds to my weekly classes.

Then add in Private lessons which I'll do 2-5 a week which also can vary some weeks.

Plus putting on my own pop-up classes. I am lucky to have people willing to meet me at the studios to watch them while I teach, that way they only have to watch them for the time I am teaching instead of extra time because of me traveling back and forth.

But then I have to travel with the stroller and baby carrier, using the subway by myself, which is ok. I do perform when called. If it's out of state and I am flown out, I calculate what makes sense if I hire a sitter or I will fly my mom up from Florida and say "hey wanna hang out with your grandkids a little" lol.. kind of two birds with one stone.

I would say the hardest part is being home with them and getting things done, even doing this interview, I have had to stop and change a diaper or two or 10 lol. Feed them. Show attention to them.

When I try to choreograph and focus or if I'm on a phone call, it's their cue to get my attention. And nothing really works except me giving them attention. Trying to answer everyone who emails me or texts me or calls me or tags me in posts is sometimes hard to stay on top of because to each of these they see them asking me one thing but on my end it's more than just them with the added distractions. An example is, I'll put one down for a nap and try to get the other down and when I don't have to reply to someone for some reason I get them both down pretty easy, and a couple hours, but if I have something, it's like they sense it and once they both fall asleep, I'm like ok here is my moment to get a lot done. Then Bam nope, both up and ready for me. So I have to say, I DO IT. with easy? NO.

it's just my husband and I up here and we both have full time jobs and we definitely play 'pass the baby' lol. but I love having kids. I would like to have one more. (people look at me crazy) I don't know if I believe in not having something because it seems hard or people think it's hard, I mean it is, but why not go for it? So, I could go on and on about this even more than I have.



Photo: @allyvisuals

THIS MONTH WE CHAT TO

SOPHIA MARRAPODI-BOVE

IG @SOFIRE_DANCER

What's a big goal/dream you're working on at the moment?

Being a better teacher to all and being true to myself. Being able to show I am a good teacher/choreographer and that I am capable of getting that job to choreograph and being booked to teach big workshops.

What has been the biggest blessing dance has given you?

Joy of moving my body. Being able to bring my children with me. Most of the time.

If you could train with any teacher/choreographer in the world for one day, who would it be and why?

OOh this is hard because there are so many, and I'd choose different ones for different reasons. Some in which I have already trained with, but would again in a heartbeat for an entire day. Ahh this was so hard. I guess I'd have to say Brian Friedman, because he checks most boxes. First because he had worked with Britney Spears and she is someone I have always wanted to dance for or choreograph for. (still hoping one day a come back for her maybe, if she wants lol) .. the fact he also wears heels, and his teaching skills are amazing. So if I can up my teaching game from learning from him, his warm-up and choices etc. I do have to throw in Dana Foglia if I am going to mention heels because the way she explains being in a heel is just top notch, and I learn so much from her. BUT like i said i can make a list of at least 5 if not more with specifics each bring to me , which I don't see all in one have.

What's your favourite dance quote or saying?

You can't find something you've never lost. So, it's ok to lose your balance, so you can find it.

"Be ok with keeping foundation in your schedule, it's not always about the super hard choreography classes to just "look good" or "to prove something"

*-Sophia
Marrapodi-Bove*



Photo: @bcitstaylormade

FIND YOUR INSPIRATION



Emily Sophie's book is a great companion for your dancing endeavours to help guide and support you all the way. Purchase your copy from Amazon [HERE!](#)



Emily Sophie's dance fiction book is a great way to escape after a long day! Head to Amazon to get your copy today.



If you're looking for the ultimate inspiration- look no further than NYC! From Broadway classes to shows, from shopping to the iconic subway to Central Park. The whole city buzzes with life and so will you after visiting!



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