

Issue 15

DANCE
BOSS



Issue 15
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Cover: [Alyx Steele](#)
Photo: Andy Park

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. My name is Emily Sophie and I'm the founder of Dance Boss.

This e-zine 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 our amazing cover stars from all over the world to help inspire and motivate you in your own life.

Each issue we also recognise a 'Dance Boss of the month' where we celebrate someone in the dance world and take a peek into their life as a dancer and their love of the art form.

To find out more and stay up to date with news and events, head to www.dance-boss.com and on Instagram [@dancebossuk](#)

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



OUT NOW IN KINDLE &
PAPERBACK ON AMAZON



5 WAYS TO START MANIFESTING TODAY

with Dance Boss Founder
Emily Sophie

IG [@iamemilysophie](https://www.instagram.com/iamemilysophie)

There's a lot of information out there on manifestation and I think you have to find what sits well with you, because ultimately those are the things that will get you to where you want to go quicker.

For me, these 5 things have really made a difference to my manifestation game, so take what works and leave what doesn't, then go out and find things that inspire YOU!

1. Visualisation- This is something I have done for many many years. I have a vivid imagination and so I find visualising easier to do because it's fun for me to daydream. When you visualise, you get to paint whatever picture you want in your minds' eye-you get to create what you want to see in the physical world and that is very exciting!
2. Move- Moving your body is (in my opinion!) the best way to raise your vibration so you can align yourself to a higher frequency that matches what you desire. Of course, dance is my go to as I imagine it might be for you too! I don't have to tell you the power of dance, but just in case you needed a reminder-DANCE!
3. Act as if- This one is so much fun to do. Once you know what you want to manifest, imagine how you would think, act and feel if it had already happened in reality...then act like that version of you! You will bring this goal to you more quickly because your vibration will match that of your desire.
4. Make space- Clearing out clutter, whether that may be from your wardrobe, inside your purse, on your Instagram following or letters and receipts that date back from the 1900s! When you clear out your clutter, you make room mentally for inspired thought to come in, clarity to appear and an action plan to form.
5. Challenge yourself- When I want the Universe to reveal itself to me, I set myself little challenges. For instance, I said to the Universe that I wanted to see 10 blue butterflies in the next 24 hours and of course the Universe delivered. Just a side note- the thing you ask for might not always show up in the way you think...yes you may see 10 live blue butterflies, but you also could see one in a book, or on a card or as a toy or a tattoo...remember to stay open and aware when you call something in!

I'd love to know if any of these resonate for you or if you have a favourite of your own...send me a DM and let me know!

Happy manifesting!





ASK THE DR

with Dr Samantha McElligott
@theleadershipdr
The Leadership Dr Blog

Email your questions in at info@dance-boss.com and get them answered by The Leadership Dr!

Q - I've been offered two dance jobs and can't choose which one to go for, please help!

A - What a difficult decision! How wonderful that you've been so successful - don't forget to celebrate your double win, too!

It can be so hard to make decisions, whatever we choose, it is human nature to think about 'what might have been.' To question ourselves about whether we made the 'right' decision.

The good news is that there are very few 'right' decisions. They're just different options, and the key is to ask yourself, not "what should I do?" but "Am I content to accept the consequences of whatever decision I make?"

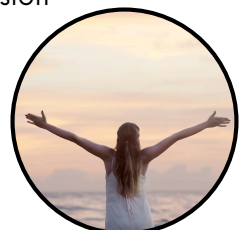
By flipping our thinking, we are choosing to let go of the battle of options and focus on what happens after we make the decision.

For example, "if I decide not to attend this audition, how will I feel about it afterwards, AND will I be ok with that feeling?"

Or "if I choose this job instead of this one, how will I feel about it when I am doing that job? And how might I feel about NOT doing the other one?"

By thinking about the outcome, we land on better answers than if we are too focused on the 'before' stage. It is a common and difficult problem, called the paradox of choice - we become almost paralysed by having to make the decision, because a) we don't know whether it's a good decision, b) what our life will be like if we turn the other one down, and c) what other people might think.

The last of these is NOT helpful. In reality, who is living with the consequence of the decision? Them or you? While it's helpful to seek opinion from trusted sources who know you well and might be able to offer fresh perspectives on your decision problem, in the end YOU are the only person who really counts in this situation (the exception is if you have dependents who may be impacted by certain decisions).





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Try flipping the question to see if that helps you. If, however, your self doubt chimp is running riot in your brain and won't answer the more reasonable questions, then ask yourself this:

Which of these options will lead me to my flow state?

In other words, which of these jobs is going to lead you to a better place? A place where you get to live out your dreams, to do what you love, to feel rewarded most of the time (because every job has tricky times!).

When making a decision, think about what the consequences may be, and whether you are happy to accept them. Then think about what your life might look like in either of the situations. Finally, think about what will bring you the most joy.

Life is about being in the moment and doing what we were born to do, whenever we have the chance to do it. What is your joy and purpose?





LEARN NLP

with Kamran Bedi
[@coachkamranbedi](https://www.instagram.com/coachkamranbedi)
kamranbedi.com
mindbodymethod.co.uk

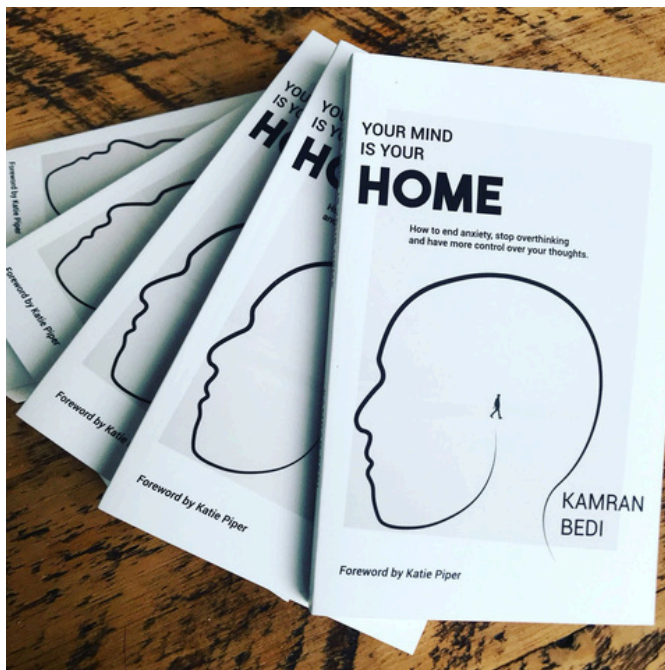
Master NLP & Hypnotherapy coach Kamran Bedi, offers multiple training courses throughout the year for people to become certified NLP/Hypnotherapy coaches and has a special offer for all dancers/performers!

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

For upcoming dates, please see 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).



THIS MONTH WE CHAT TO

ALYX STEELE

IG [@ALYXSTEELE](https://www.instagram.com/ALYXSTEELE)
[@SMASHGLOBALTRAINING](https://www.instagram.com/SMASHGLOBALTRAINING)
WWW.SMASHADVANCEDGLOBALTRAINING.COM

Hi Alyx! Thank you so much for being our September cover star! We'd love to get to know you and find out about your journey in dance!

I loved Michael Jackson from a young age, so my introduction to dance was through his videos. I would watch them on repeat and learn the dance moves. I didn't start classes until I was around 14 and then I just did one class a week in street dance, it was only ever meant to be a hobby. I didn't realise it could be a career to be honest, I never knew anyone that had gone on and had a career.

When I was 17 myself and a friend of mine thought it would be fun to audition for a TV show called Bump N Grind that was touring, we only went for a bit of fun but I ended up doing really well. It was off the back of that show that I was offered an agency contract and it was my introduction to the professional industry- I met Casting Directors, Choreographers and agents. I moved to London straight away and with the guidance of my new agent I started auditioning and working. It was slow at first of course because it takes time to learn and navigate a new industry, but after a few years I found my feet.

I spent a year in New York training under some of the most incredible Choreographers such as Rhapsody James, Luam, Sheryl Murakami and Dana Foglia. I have travelled the world with my career, I think that's one of the best things about dance, it opens up your world and removes barriers, no matter where you're from.

For the last 8 years I have been a Choreographer and Movement Director and just last year I launched Smash Global which is a 6 month dance training/education program based in London. I am a passionate educator and I love training and guiding the next generation to building a career of their dreams.

What has been your best experience so far with dance and why?

I've been in this industry for 22 years so it's so hard to narrow down a single experience, so I'll share a few. I grew up obsessed with Tina Landon who was Janet Jackson's Choreographer and dancer for years, she was my biggest inspiration and I got to work with her in 2010 when I was dancing with Rihanna. I'll never forget when she walked in the room at the audition, I didn't know it was going to be her, I was gobsmacked. There was no way I was getting cut that day and I didn't. She was everything I dreamed of and more. A true icon.

Another memorable moment for me was when I was at tech rehearsal at the MOBO Awards- I was dancing with Jessie J that day which was exciting in itself but I remember walking into the space hearing "End of the road" playing by Boys II Men. As we got closer I realised it actually was Boys II Men sound checking live, we got to watch them just for a short while. I'll never forget that, it was like a private show.



Photo: Andy Park

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Just a few years ago I was working with Sugababes and it was their first big show back together so there was a lot of anticipation, they were headlining Mighty Hoopla festival in London and had worked so hard, the set looked incredible, they sounded incredible and the energy was even more incredible. The show meant a lot to the girls and the whole team and they smashed it. It was a proud moment for me.

When things get challenging, what coping strategies do you use to help you stay motivated in the dance world?

Our industry is full of challenges and to be honest it never seems to end but we do get better at navigating it. I have spent a lot of time and energy on my own personal development. Finding my voice was important and growing my confidence. I use affirmations a lot, I meditate too. I try to only spend time with people who raise me up energetically and move quickly away from people and situations that don't align with me. It takes constant effort. I love to read books, it really calms my nervous system. I think it's important that we do things outside of dance to stay motivated and inspired, I love museums and seeing exhibitions.

Where is your favourite place to train and who is your all time favourite teacher/choreographer?

I recently took a 2 day intensive with Brian Nicholson called "Wonder" it was the most incredible and insightful 2 days. Bri and Scott are Ariana Grande's Creative Directors. I also love Noel Bajandas, he's based in LA but he's been in London a few times recently, he's such an educator.

What do you think makes a great dancer?

I love to see passion. I want to see that a dancer LOVES to dance and can move an audience. It's not always about perfect. Saying that I do love clean lines!!

What is the best piece of advice you've been given as a dance professional?

Be ready so you don't have to get ready! That's from my New York days and it's so true. You have to be ready for anything at anytime.

What is a big goal or dream that you have for your dance career?

I'm currently working on getting my USA Visa so I can work there too. I want to work with Cher, Pink and Janet. I'd like to tick off a superbowl, maybe with Pink, that would be the big dream.



Photo: Andy Park

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Can you tell us what a day in the life of Alyx Steele looks like?

I wake up early, usually around 6am- the way I start my day is one of the most important things. I need calm so I don't pick up my phone for a while. I like to relax so either meditate, journal or read. Some days I do all 3 of those things and some days I just do 1. I'd like to say I exercise, but I'm definitely out of that habit at the moment. I walk my dog which I love, I really need fresh air in the morning and then around 9am I will pick up my laptop and it's social media creating, replying to emails, building my business etc.. We are currently expanding so a lot of my effort is there at the moment which I'm so excited about. The weekends for the last 6 months have been spent in the studio with my Smash students, creative time in the studio is my favourite. I value spending time in the kitchen with my wife in the evenings, health is a massive priority for us both and we love to cook together with a glass of red wine.

When you're not dancing, where would we find you and what would you be doing?!

I honestly just love walking around and taking things in. I love having my dog Mika with me, she's actually my deaf service dog so I can take her anywhere which is cool. Cafes, exhibitions, parks, the theatre etc. I spend my time between London and Liverpool and I'm lucky because both are such incredible cities with so much to do. I've spent a lot of time in LA this year too.

What's your favourite dance quote or saying?

I don't remember the actual quote but I remember seeing something once that Martha Graham said about how we are never actually 100% satisfied with our work as artists but how important it is to keep creating and putting our work out regardless for others to enjoy. It was years ago and I still think about that now.

"Be ready, so you don't have to get ready!"

-Alyx Steele

Photo: Andy Park





Photo

DANCE
BOSS
OF THE
MONTH

Rudolph Nureyev

Rudolph Nureyev is widely regarded as the greatest male ballet dancer of his generation!

He trained at the Leningrad Ballet School and starred with the Kirov Ballet.

He was born in Russia in 1938 and died in France in 1993.

Nureyev was a ballet dancer and a choreographer. He was also the artistic director of the Paris Opera Ballet from 1983 to 1989.

Nureyev's health sadly declined due to AIDS related complications, but he still choreographed for the Paris Opera Ballet and the American Ballet Theatre during this time—a truly dedicated artist.

Rudolph Nureyev and Margot Fonteyn danced together for many years and their performances were always very well received.

Some inspiring and thought provoking quotes from Nureyev...

"You live as long as you dance"

"When I miss class for one day, I know it. When I miss class for two days, my teacher knows it. When I miss class for three days, the audience knows it"

"Technique is what you fall back on when you run out of inspiration"

FIND YOUR INSPIRATION

DANCE BOSS
THE E-ZINE FOR
DANCERS



Dance Boss Founder 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!](#)



Noor Hibbert's latest book is jam packed full with great tips and advice about how to get rid of blocks, so you can manifest what you want in life and business. Get a copy of the paperback [HERE!](#)



Dance studio shout out to Infinity Dance Studio in Hong Kong. If you're ever over that way, then be sure to check out this dance studio. There are so many fantastic choreographers teaching there with such a welcoming atmosphere. Find out more over [HERE!](#)



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