

Issue 14

# DANCE BOSS



Issue 14  
August 2024  
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Cover: [Amit Shaw](#)  
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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](https://www.instagram.com/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](http://www.dance-boss.com) and on Instagram [@dancebossuk](https://www.instagram.com/dancebossuk)

Feel free to come and say hello to me on Instagram at [@iamemilysophie](https://www.instagram.com/iamemilysophie)

Be consistent.  
Stay tenacious.  
Always persevere.

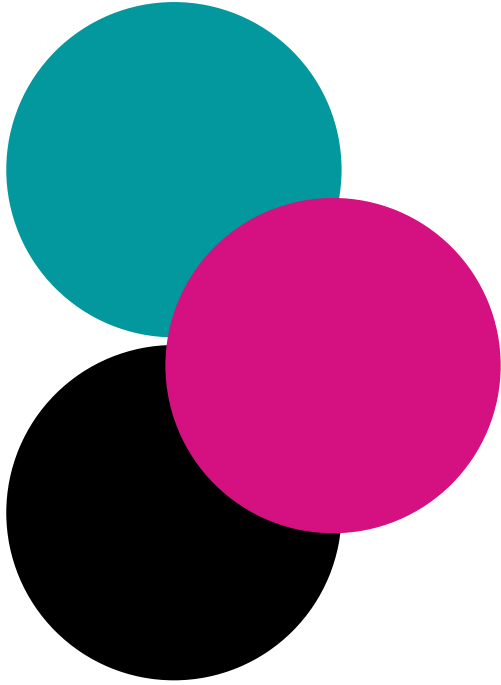
Emily Sophie

# DANCE BOSS

# CONFESSIONS OF A DANCER by Emily Sophie



OUT NOW IN KINDLE &  
PAPERBACK ON AMAZON



*"Dance is the  
timeless  
interpretation of life"  
- Shah Asad Rizvi*





## FUTURE YOU

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

Do you have a dancing goal/dream that you'd love to manifest into reality?

I'm sure you do if you're reading this e-zine!

Something we're not always taught when talking about goal setting/making our dreams happen, is WHO WE NEED TO BECOME in order to achieve these things.

Let me explain a little more...

It's great to have SMART goals and to use other techniques to achieve your dreams, but something that will get you there that much faster, is stepping into the future version of you who has already achieved them.

It might sound a little 'out there', but when you think about it, it makes a lot of sense. We can't achieve the things we desire from where we already are—changes have to be made, leaps of faith taken, different perspectives thought etc...this requires us to step into the future version of ourselves and act, think and do the things they would NOW.

This bridges the gap between where we are now and where we want to be.

Let's say you want to perform on the West End, but you're currently feeling very shy and nervous about this prospect so haven't taken any action yet...

But acting as your future self now might look a little like the following:

1. Research and contact agents
2. Go to as many auditions for West End shows as possible whilst waiting for said agent to get back to you
3. Watching and listening to musicals
4. Swatting up on different styles of choreography for different shows
5. Doing positive affirmations everyday
6. Networking at classes and auditions
7. Using social media to find out more about the directors/casting agents and choreographers for these shows
8. Speaking to people already working in the West End and learning from them
9. Believing you are worthy of this goal
10. Acting as if you are already a West End performer





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This may sound a little scary, but if you take a moment to visualise how you'd FEEL if you already were a top West End performer, chances are these things would be mere 'to-do' list jobs, as your confidence and self belief would be sky high!

There is nothing stopping us accessing these feelings now, or taking on the role of our future self now, except fear.

If you want to be a West End performer-think, speak, act and do the things that a West End performer would.

If you want to open your own dance studio...

If you want to tour with an artist...

If you want to teach dance abroad...

Step into that future version of yourself now and make decisions, take aligned action, speak words, think thoughts from that place and it is sure to get you to where you want to go.

When we do this, we act in alignment with what we want, rather than from a fear based mentality. We manifest our dreams quicker because things start to align for us...because we did the things necessary to get the desired results, even though it may feel scary.

Step into future you's shoes and take a moment to think about how they would do things, right down to how they would wake up in the morning. When you become that future version, you become all of them-taking on all aspects, living as your full self, letting that you run the show and get you where you need to be.

Two helpful tools to help you step into your future self, is to visualise and journal. Close your eyes and see future you in every detail, then journal how you feel as this version, write about what comes up for you and if any inspired ideas or action plans have hatched in your mind.

Once you know what your dream is and WHY you want to make it happen, then the rest is much easier!

Here's to future you, now.





## ASK THE DR

with Dr Samantha McElligott  
IG [@theleadershipdr](https://www.instagram.com/theleadershipdr)  
The Leadership Dr Blog

Email your questions in at [info@danceboss.co.uk](mailto:info@danceboss.co.uk) and get them answered by The Leadership Dr!

**Q - How can I stay motivated when there aren't many auditions happening?**

A - It can be hard to remain enthusiastic when the thing you're aiming for isn't happening. To get past this, it's important to consider what really drives your motivation.

Motivation is both intrinsic and extrinsic, this means that we are motivated by both internal (values, generosity) and external factors (e.g., money, praise). A very useful exercise is to reflect on how you feel after you do something. For example, the next time you do something kind for someone, think about which part made you feel the best? Was it the planning/thinking about doing it stage? Or was it the look on their face, or what they said to you? If it is the former, then that is your internal motivations driving action. The latter means you are more motivated by how others respond to your actions. It might be both, too!

Neither is better, it's just really useful to know how we operate. Once you start thinking about your actions, and how they make you feel, you can then start to fix your current motivation problem.

Thinking about auditions, what is it that drives you to take part? Is it the need for paid work? Is it competing with other dancers? Is it showing your capability? Is it getting to do the actual performance/role you're auditioning for?

Understanding the reasons why you audition helps put it into perspective, so you know how much training and effort is really needed, and how you might feel should it not work out. Preparing mentally in this way will help you deal with the process better.

Now, what to do when those auditions aren't available...Well we need to find a way of relocating the feeling and reward you get from auditions (think about your earlier responses!) And find out where we can get those same drivers and rewards. For example, what about dancing itself, how does it make you feel? What is it that you love so much about it? Is it the physical effort? The mastering of steps and technique? Is it the performance part? Is it coming out on top in an audition? Is it being in a state of flow?





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with Dr Samantha McElligott  
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The Leadership Dr Blog

Or is there another area in your life that fosters similar feelings to being at an audition?

If finding other motivations in this way is still not enough, then it's time to look at the wider picture: What are your reasons for auditioning - why do you need to do it? And are those reasons important enough to you to maintain a disciplined training/nutrition/mindset until the auditions kick off again? It may be that your mindset needs to adjust to a 'longer game' attitude of "all the efforts I put in now will help me with future auditions, so I need to stay focused on an effective, healthy and long-term training/rest/eating schedule."

Understanding why you want to do something, and what drives you to do it is crucial to balancing your efforts, expectations and enthusiasm.

Enjoy thinking about all the things you love to do!







**NLP**  
with Kamran Bedi  
IG @coachkamranbedi  
kamranbedi.com  
mindbodymethod.co.uk

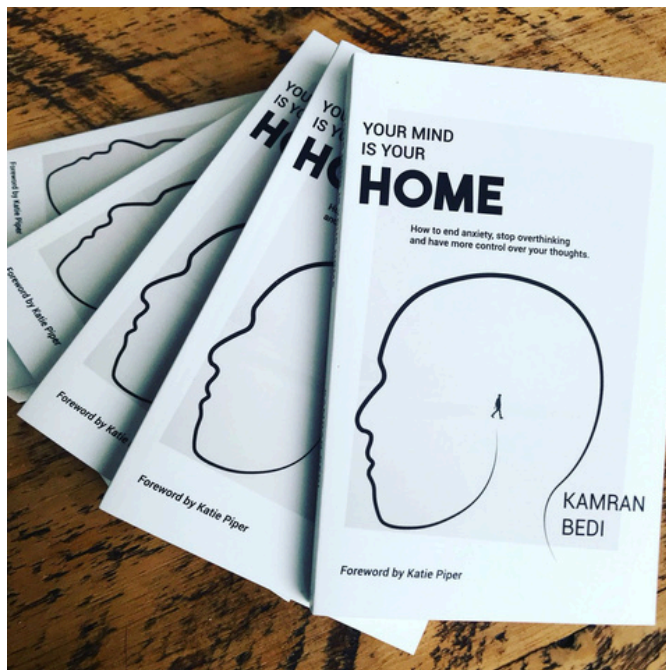
Master NLP & Hypnotherapy coach Kamran Bedi, offers multiple training courses throughout the year for people to become certified NLP/Hypnotherapy coaches and has a special offer for all dancers/performers!

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](mailto: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](http://www.kamranbedi.com) (as seen below).



# THIS MONTH WE CHAT TO

## AMIT SHAW

IG @DNA\_AMIT

@DNAKOL

[WWW.DNADANCEWORKS.COM/DNA/](http://WWW.DNADANCEWORKS.COM/DNA/)

**Hi Amit! Thank you so much for being our August cover star! Can you tell us a little bit about yourself and how you got started in dance?**

Hello, I am Amit Shaw. I am 45 years of age, born and brought up in Calcutta, India. I am the owner and founder of DNA Danceworks Bodyworks. I am a movement artiste and a work in progress. Completing 30 years in the industry with a lot of struggle, failures, losses, successes, profits, learning experiences but never losing vision. Dance education in India through western dances.

My mom used to say that I wouldn't stop moving whenever music played. I grew up watching Bollywood films that has lots of singing and dancing. Movies like Disco dancer, Dance Dance had a huge impact on me. But when I first saw Fred Astaire, Gene Kelly and Micheal Jackson, I couldn't believe that any human can be so effortless yet so amazing and mesmerising when they danced. In my school, birthday parties and social gatherings, I would always end up dancing and entertaining everyone.

I felt so good for being appreciated and loved, only when I danced. We had no access to anything in 1980's except for VHS, and rarely dance movies from Hollywood.

We would rent a tv, a VHS player just once a year. The entire neighbourhood would be up all night and watch movies back to back. In those 4 to 6 hours of watch time I could memorise the dance moves and try to mimic them. This was the beginning of my humble dance journey in 1995.



Photo: [Suvashis Mullick](#)

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## What has been your best dance moment so far?

I've had many moments and it's tough to choose just one. Just like every drop makes an ocean. Every drop is important.

Making it to the top 8 in India's first dance reality show on Sony TV, Dance Dance, in 2004 was definitely a turning point of my life. Working in Bollywood film industry for Ace directors like Mr, Ram Gopal Verma's "Enter the girl dragon", Mira Nair's "A suitable boy" streaming on Netflix, choreographing for Lycra MTV Style awards, winning under 14 national dance championship on a show called "Boogie Woogie" and most importantly my choreography winning Gold medal for Asian Games for artistic rollerskating for India.

## What do you feel has been your biggest challenge in dance and how have you overcome that?

When I was 14 I wanted to study Ballet, Jazz, Tap, Ballroom, Latin and Hip Hop. There was not a single studio, dance teachers or a place to train. It took me 10 years to figure out that the dance companies here and so called professionals just perform without any formal training and were mostly Bollywood driven.

I quit dancing professionally in 2004 for these companies. I started self training from YouTube videos, ordered DVD's online, attending workshops and International dance festivals. Hosted a few dance teachers from America as exchange programs to clarify my learnings. Saved up for 8 years to go to Broadway Dance Center as an ISVP student to make my dreams come true in 2013. Each day I continue to do my research, study and training to impart knowledge to my students. Dance Education in India through western dance disciplines is my dream and no child should suffer the way I did. The void here became my life purpose and I wish universities in India start career in dance as a curriculum so students can live their dreams and purpose. I am yet to overcome this but with DNA Studio starting in 2005 was a humble beginning.

Photo: [Suvashis Mullick](#)



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**We'd love to hear about the dance scene in India, can you tell us a bit more about that?**

Dance scene in India has boomed and evolved now especially with the internet era, dance reality shows, dance festivals and a few dance studios offering quality classes.

Mumbai, Delhi, Bangalore, Chennai and Pune has a lot of independent artistes as leaders who are making a huge difference in the dance scene including Calcutta. Hip Hop culture is a rage amongst the youth. Latin dance community has grown too. Indian classical dances were always popular and have many renowned gurus here imparting unparalleled training since hundreds of years now.

A handful in Ballet and Jazz dances. Sadly most careers are short lived and most dancers give up sooner or later. Good mentors from abroad with expertise, experience and knowledge and international collaborations with universities, institutions with proper certifications, degrees and diplomas could ensure sustainability and longevity in the field of performance arts. India has inborn raw talents but the lack of a proper infrastructure in western dance discipline could possibly be the reason why dancers give up easily. We need to rethink, reimagine, strategise and introduce a new way for a better future.

**Why do you dance?**

I dance therefore I am. I am here on this planet to help spread the love and joy of dance. It is my only purpose and I must fulfil that till the end of my time. I do not know anything else. I become one with the universe when I dance and all the cosmic energies fill me up with vibrations of the cosmos. It's an amazing feeling. I feel alive. I feel special. Dance is my superpower.



Photo: [@iamdorothy\\_dna](https://www.instagram.com/iamdorothy_dna)

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**What is the best piece of advice you've been given as a dancer?**

When you choose a dance career, it is your responsibility to train everyday, fuel your body right, create without judgement, surrender yourself to creation process, be honest to your art and give it your all. Let every performance opportunity be like your first time, where you never take anything for granted. Be childlike, always curious and never stop asking questions and never stop learning.

**What is one of your big dance dreams?**

My biggest dance dream is to bring dance career opportunities and bring dance education programs in schools and universities in India. Giving every child an opportunity to live their dance dreams.

**Where do you see yourself in ten years time?**

Ten years from now I see myself fulfilling my vision of Dance Education in India with western dance disciplines. Sitting with mentors, professors and teachers, creating structures, syllabus and courses for the new generations to come.

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

When I am not dancing then you would see me in an open space looking at the blue sky, running around barefoot in the green grass, chasing butterflies, smelling flowers and making a splash in the river, climbing mountain top and peacefully sleeping on mother earths lap under the trees with birds, leaves and winds singing for me.

**What's your favourite dance quote or saying?**

"If a day without a dance is a day wasted then a life without a dance is a life wasted."- Amit Shaw



Photo: [Suvashis Mullick](#)

A photograph of Gene Kelly in a classic rain scene from the movie 'Singin' in the Rain'. He is wearing a dark, heavy raincoat and a matching hat, with his arms outstretched in a joyful dance. He is holding a black umbrella in his left hand. The background is a brick wall, and the scene is set in the rain, with water droplets visible in the air. A pink circular graphic is overlaid on the top left of the image, containing the text 'DANCE BOSS OF THE MONTH'.

DANCE  
BOSS  
OF THE  
MONTH

## Gene Kelly

Gene Kelly has to be one of the greatest dancers of all time.

He is widely known for his dancing but also for his choreography.

Gene Kelly danced, choreographed and directed many of the movies he was in- including "Singin' in the rain"!

It has been said that "with his athletic moves and regular-guy looks, he was able to simultaneously democratize dance and introduce the previously elitist ballet form to mainstream musicals".

The famous scene from "Singin' in the rain" where Gene Kelly dances with an umbrella in the rain (pictured above) was actually shot during the daytime! The film crew put black cloth over the set to make it appear as if it was actually nighttime. They also added milk to the water, to make the "rain" easier to see around Gene Kelly on the dark set.

If you're looking for inspiration, check out Gene Kelly's many, many musicals where he steals the show with his unique style and effortless performance.

# FIND YOUR INSPIRATION

**DANCE BOSS**  
THE E-ZINE FOR  
DANCERS



If you want to up your gratitude game, then the Gratitude 365 app is a great way to start! With stories, affirmations, journal prompts and reminders throughout the day, it's a real game changer!



Looking for an oldie but a goodie... Top Hat starring the legend that is Fred Astaire will leave you feeling all kinds of inspired for this old time dancing that is truly breathtaking!



If you want to be blown away by amazing singing, beautiful sets and a magical story, then Frozen the musical is the one to watch! But hurry as the show is closing in the West End on 8th September 2024!

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