

## Artistic Statement Sydney Mays

Dance for me is more than just an art form, it is something that connects us universally whether it be through performance, creating, improvisation, socially. It is something that as a society everyone even non dancers can relate to in some way. As a choreographer, I like to take inspiration from things that are current in my life and mind. Music is a large element for me. My whole life I have always connected with music, thus the music chosen for my work is very thought out and oftentimes drives where my mind goes when creating. The atmosphere I have strived to create in rehearsals is a very calm and relaxing one, I believe creates a healthy environment for myself and my dancers. As a performer, being on stage is where I feel myself the most, it is a feeling like no other, performing drives my passion for my craft, and makes me strive to be the best dancer I can be, translating to class, rehearsals, and choreography. It is important to me as a choreographer to keep passion alive when creating, not only to inspire myself but my dancers as well. I feel that a confident and comfortable environment is what will create the most success while creating work and maintaining the passion for this beautiful artform we have.