

I can't move!



Heuh! I can't breath, I'm too stress. In only 2 hours, I will be in a front of a thousand person dancing for the first time. When I start to dance, i didn't knew that, this sport will stress me like this. If I could return in the past, i will unsubscribe myself to dance.

Generaly, I'm so confident even though I have no friends to encourage me. I know I'm not the best dancer so I always compare myself with the better dancers of my group. I'm miss a lot of dance lesson and because of this I don't know the Choreography by heart. I tried to follow the others but sometime it's look worst than everything.

To be less stress I tried to focus on good things like my mom who gives me advises and my sisters who helps me pratice. But it doesn't work. After, I also practice my dance many time but i always forget a part and I have butterflies in my stomach.

Please! I really need your help, what can I do?

A little girl who is stressful.