

Improvisation has been a crucial aspect of my house dance practice, pushing me to explore movement beyond set routines and develop my own unique style. This spontaneity not only made my movements feel more authentic but also boosted my confidence in freestyle settings. Overall, improvisation has been instrumental in improving my versatility, creativity, and self-expression as a dancer. It has taught me to embrace mistakes as learning opportunities and to trust my instincts, which are key elements in developing both technical skills and artistry.