

# Ava Watson

Ballet is one of the most underrated types of dance there is. This is because it is the foundation of dance and it requires a lot of skill, which is why not many people like it.

To me, the best part about ballet is that you get to dance on pointe. Ever since I was little, I have wanted to be a 'ballerina'. My dream finally came true the day I got my first pair of pointe shoes.

I was beyond thrilled to get them, because like I said, it has been my dream since before I could remember. I was so excited to wear them and learn how to dance in them. That day was one of the most memorable days in my life. It opened up a new chapter that I will never forget.

On the day of the fitting, I was so excited I was practically shaking. I couldn't wait to get my first pair of pointe shoes. I sat down on this little bench, thinking it would be quick and easy, that I would just try on one pair and then buy them. Little did I know, it would take over 2 hours to find the right shoes.

14 pairs of pointe shoes later, I finally found the perfect pair. They were a pretty pink, silky material with satin ribbons. They fit perfectly to my arches and I thought they looked really good with my foot shape. I felt like Cinderella. They didn't even hurt my feet when I went up on pointe, which was amazing because most pointe shoes do. Although it seemed like finding the right shoe took forever, it was so worth it!

I have been dancing for 11 years, and only 4 of them have been with pointe shoes. The reason for this is that pointe shoes are very hard to dance in, and your feet need to be fully developed before you start dancing in them because they could ruin your foot development. Because of this, at my dance studio, we are



required to have been dancing for at least 4 years and be at least 11 years old before we are allowed to dance with pointe shoes.

Having to wait all those years before being able to get pointe shoes made me kind of mad because I thought that all ballet dancers wore pointe shoes from the start, no matter age or dancing ability. I was very impatient and didn't understand why I had to wait so long. These requirements really helped me though because if I had gotten my pointe shoes any earlier, I feel like I wouldn't have had enough ankle strength and stamina to safely dance on pointe.

When I first started dancing on pointe, I would dance for about one hour per day on pointe. But, four years later, I have up to 5 hour rehearsals each night, completely on

