

How Do Kids Learn to Dance?

Description

My dance skills can be likened to what youâ€™d see if you filled a burlap sack full of angry cats. Like this one, times tenâ€™.



Do it, see what happens.

How Do Kids Learn to Dance?

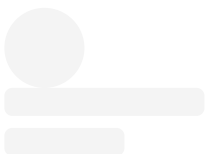
Itâ€™s ugly.

Actually, I found an old college photo of me “dancing” with a friend.



Yes, I had a goatee. No, there is nothing sexual about this picture. Yes, drinking was involved (see beer in hand).

Anyway, I’m sure I made my point; I suck at dancing. Sorry, Kelley. I was getting worried that Avery would fall down the same rabbit hole and be stuck with Daddy’s lack of moves, but she’s already better than me. Even a few months ago when she got down with Jay-Z.



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Don’t worry, I was dancing like in the previous photo.

That little stand in one spot and squat move is about all I’ve showed her for dancing, and really it was meant more for the actually squatting exercise. But hey, no matter if you’re good or not, dancing is a great form of exercise!

Lately, Avery has branched from just standing in one spot. I’m not sure if it’s just the “pecking” order of getting older, but both Kelley and I have never showed how to dance like a chicken.



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Sadly, thatâ€™s better than what I could do. And she even adds a little twist to her dancing. Again, no clue where it came from, but always fun to watch.



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Not kidding, sheâ€™ll press the buttons on that cat to make it play music over and overâ€™.and over again all day just so she can dance. She takes it seriously too, thereâ€™s no messing around when itâ€™s dance time! Unless itâ€™s to bust a move, that is.



All I know is that seeing her dance every day is a huge help to keep things light around here. I try not to talk about it too much, even though I have, but this whole [staph infection](#) thing is seriously limiting things I normally do. Just sitting down to read books to Avery is a pain in the assâ€™..not kidding.

I still exercise and go on several walks daily because, stubborn, but I know Iâ€™m not performing my best. That and I can tell it affects my mood if Iâ€™m not mindful enough. Do you ever get that way about something? Whether itâ€™s physical or mental, you let it show through in your attitude?

Weâ€™re probably all guilty of it, but hopefully I can come to terms and better manage this since I still have a while for everything to heal. That said, Iâ€™ll end the post here today. Hoping for an enjoyable Memorial Day weekend with Going Mom and Avery. We donâ€™t have a lot planned, just hopefully catching up on some Walking Dead episodes and then going over to Kelleyâ€™s parents to have her dad take pictures of Avery.

He has a nice studio setup and always enjoys having such a lovely subject to photograph. The subject, on the other hand, isnâ€™t always the most cooperativeâ€¦..



Have a great weekend and Memorial Day!

Any plans for the long weekend?

Ever let your mood get the best of you at the expense of those around you?

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