Education Support

American Dance

'Tis the Night Before Competition

By Karen Tunnel, Inspired By Joyce E. Pennington

'Tis the night before competition and all through the city
Not a creature is stirring....not even a kitty.
We dancers are nestled all snug in our beds
While visions of trophies dance in our heads.
Our team bags are packed for the big day tomorrow
So we have what we need and we won't have to borrow.
Finally the alarm rings... it's 6:00 am!
We stumble out of bed into light that is dim.
We put on stage make-up and bright red lipstick.
Our stomachs are nervous and feel slightly sick.
With lycra and sequins and lacquered-stiff hair
We head to the arena, excitement is in the air.
Other teams arrive looking much more prepared
While our team walks in trying not to look scared.
We find our way to the big dressing room
And begin to change into our first costume.
The directors tell us to relax and have fun....
No matter what happens we're still number 1!
We file to the gym floor all set to perform
The air is quite chilly although we're quite warm.
The captain counts sharply 5-6-7-8
We hit our position and nervously wait.
The three pretty judges look up and grin
Our team is announced and the music begins
We make every move and we hit every beat.
We smile at the audience--we're light on our feet!
Our team is performing exceptionally well
A dance that would impress even Gussie Nell.
The music crescendos to our final formation
And the audience jumps up giving loud adulation.
We see the proud faces of our mothers and fathers,
sisters, directors..yes, even little brothers.
And suddenly the hard work, the hours of rehearsals,
giving up free time and all the sore muscles
Are worth it...not because of the shining awards,
But because the applause is a richer reward.
Doing our best is the important part.
No matter who wins....there's a trophy in our heart!