

Student Sample # **611FE**
Grade 6 Baseline Expository

Grade 6 Prompt:

Each of us has a favorite book, sport, item, or activity. Think about one of your favorites. Write a multiple-paragraph essay to a teacher explaining why the book, sport, item, or activity is your favorite.

1 Imagine the way an eagle feels as he gracefully prowls the open sky, searching for
2 his next meal. Imagine what a poet feels as she finishes her amazingly beautiful sonnet.
3 If you know what this feels like, then you know how I feel when I dance.

4
5 Most of the time, I am a very clumsy person and the last person you would picture
6 as a fine artist. But when I dance, I am free as a bird; as fast as the wind; as graceful as a
7 swan; as beautiful as a morning sunrise. Dancing gives me a way to express myself
8 freely in a way that makes me feel right no matter what I do. So, even though my life is
9 busy, I still have time to dance.

10
11 Dancing isn't all swans and sunrises; it also keeps me healthy. Ballet improves
12 flexibility with all the stretching involved. What most people don't understand about
13 ballet is that you can never really let up. What I mean by that is you have to always keep
14 up with the stretching and muscle memory training because the positions unique to ballet
15 are unnatural and your body will lose the ability to perform them if you are not
16 consistent. Jazz, on the other hand, is very different. There is a lot of cardio-respiratory
17 endurance developed through all the fast movement. Beats running any day! Not that
18 ballet and jazz don't develop strength because they do, but most of my muscle strength
19 and tone comes from contemporary dancing. The leaping and leg extensions are the
20 hardest for me, but have really helped my ballet because they have strengthened my legs
21 so much. Between all three styles, I stay in great shape.

22
23 Not only does dancing help me stay in shape, but it helps me stay in touch with
24 my friends I otherwise would have lost contact with and make friends I would not have
25 even met. Some of my closest friends I have made through dance, maybe because we

26 share our deepest passion, dancing. There are a few girls I have been dancing with since
27 we were 3 years old, but we don't go to the same schools, so dancing is our only
28 connection. At the same time, I am always meeting new friends because new people join
29 my classes all the time. Just this year I have started getting to know a new girl and I like
30 her so much. Competitions are another great way to meet new friends from other dance
31 studios because there is so much time between numbers to sit around and chat. Dance is
32 our common bond and it brings people in my life who love it as much as I do.

33
34 Now you can see why I love dancing so much. Dancing can be a physical sport, it
35 can be a beautiful fine art, or a wonderful form of self expression. Whatever you call it, I
36 love it! Even though I love dancing, I know it is not for everyone, but I do hope
37 everyone has something they love as much as I love dancing and that helps them stay in
38 shape and make life long friends, if for no other reason than to help you imagine what
39 the eagle or the poet feel.