

Eric's Story

I. When I was a kid I was awkward and shy
unhappy and wouldn't look folks in the eye.
I discovered dance and it changed everything
I found strength as my body started to sing.
The dancers of Bella Lewitzky did guide me
and opened this beautiful longing inside me. And now I'm here.

II. Modern dance took me beyond all I knew
it took away loneliness and showed me who.
Who we are when we're touching our deepest selves
we're vast as the universe, small as each cell.
It showed me the truths, beyond all our words
that life's often abstract and even absurd. And now I'm here.

III. So I trained and I practiced, I yearned and I strived
I dreamed of the day when I'd be dancing live
on stages all over, in a com-pa-n-y
that's famous and pays me and I then I'd be free
free to be myself because I knew that I'd made it
and never again would I be judged or graded.
But before I could get there my teachers said that
I first had to lose all of my ugly fat. And now I'm here.

IV. For decades I struggled to streamline my form
then finally a dance company let me join
We danced the world stages and I'd finally reached
the state of joy I'd sought that nothing could breach.
Then I realized if I let myself eat
all I wanted I'd lose my position and be
back where I started, cast out in the cold
not valued, not employed, not feeling so bold.
Then one day it happened, my success did stop
I was fired for being too fat—what a shock! And now I'm here.

V. Modern Dance was birthed by rebels and queers
by women of courage who transcended fear.
Every generation finds it anew
we use it to transform our hearts and our views.

VI. So instead of mourning or feeling too bad
I started to question and found I was mad
at all the hypocrisy that has infected
this art that was born from inclusive aesthetics.
Now why do we love curves when they're carving space
but fear them on booties and bellies and face-es?
We think our aesthetics are complex and deep
yet we're tied up and held back by narrow beliefs.

VII. Beliefs about bodies and beauty and art
beliefs about technique and our super-stars
beliefs about thinness and abilities
beliefs that there's someone else we're meant to be.

VIII. We've con-fused our dancing with TV and fame
with glamour and mainstream and the funding game.
We think that we need to be liked or fit in
but modern dance thrives when we learn to transcend
good/bad and right/wrong and success/failure
we have to return to our joys and our hurts
To our truth born from living as bodies in time
where aging is gorgeous and fat is sublime
Where bodies are beautiful just as they are

and all paths lead us home, no matter how far. And now we are here.

IX. So now it is time that we take back our dance
that we risk being honest and give truth a chance.
The truth of our bodies the truths in our moves
the truth in connecting to the cosmic groove.

X. So let us remember and get back on track
that dance is for everyone, let's TAKE IT BACK!

CHORUS

Dance – Take it Back! (many times)
Dance! Dance! Take it Back! Take it Back Now! (many times)

Jolly Acoustic Section

I. The problem with modern dance I want you all to see
is that it's got-ten co-opted by the patriarchy.
What started with Isadora, Martha and Ruth
has forgotten about the power of truth.

II. The truth of me. The truth of you. The truth of we. The truth of Ooooh!
The truth of you. The truth of me. The truth of us. The truth of Eeeee!

III. Don't hide it or tuck it or slim it in black!
Don't pretend you aren't who you are. Take it back!
Take dance back for fat folks and also for thin.
Take dance back for lovin' the bodies we're in.

IV. Take dance back for crips, and for jocks, and for nuts.
Take dance back for loners and those in a rut.
Take dance back for outsiders of every kind.
Let dance free your ass and let that free your mind!
Free your mind. Free your mind. Free your mind. Let your dance free your mind.

Slow Klez Section

Round, Soft, Jiggly Ripples, Curves, Folds, Doubles and Triples
Different shapes for different people, What's all the Fuss?

Modern Dance Chant

<u>Call</u>	<u>Response</u>
Hey Modern Dance!	What?
It's time to evolve!	Oh Yeah!
And lead the way	
(So) the world hears our call!	What call?
The call to truth	Yes!
and beauty and love	Mmm-Hmmm!
let's embrace fat	
(both) below and above	Let's go!
It's been to long	
(we've) embodied the lie	Oy vey!
that dancers have (to be)	
only one size	No way!
It's up to us	
(to stop) body prejudice	Yo! Yo!
when dance is evolved	
(it looks) exactly like this	Hunh!

Punk Rock Outro

Dance is all Bodies! (many times)
Dance! Dance! Take it back! Take it back now! (many times)