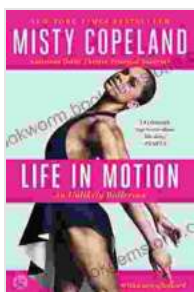


# Life in Motion: An Unlikely Ballerina



## Life in Motion: An Unlikely Ballerina by Misty Copeland

★★★★☆ 4.7 out of 5

Language	: English
File size	: 11635 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 289 pages
Screen Reader	: Supported



Misty Copeland's journey to becoming the first African American principal dancer for the American Ballet Theatre is an inspiring story of determination and perseverance. Born in Kansas City, Missouri, in 1982, Copeland faced countless challenges growing up. She was raised in a single-parent household and struggled financially. Despite these obstacles, Copeland's passion for dance never wavered.

At the age of 13, Copeland began taking ballet lessons at the local YMCA. She quickly realized that she had a natural talent for dance. However, her journey was not without its challenges. Copeland faced discrimination and prejudice from some teachers and peers. She was often told that she was not the right fit for ballet due to her skin color and body type.

Undeterred, Copeland continued to pursue her dream. She worked tirelessly to improve her technique and artistry. In 2000, she joined the American Ballet Theatre's Studio Company. Two years later, she became a

member of the main company. Copeland's talent and determination quickly caught the attention of ABT's artistic director, Kevin McKenzie. In 2015, McKenzie promoted Copeland to the rank of principal dancer, making her the first African American woman to hold the position.

Copeland's promotion was a historic moment for the ballet world. It sent a powerful message that anyone can achieve their dreams, regardless of their background or circumstances. Copeland's story has inspired countless young dancers and has helped to break down barriers in the world of ballet.

In addition to her dancing career, Copeland is also a successful author and speaker. She has written two books, "Life in Motion" and "Ballerina Body," and has given numerous speeches about her journey. Copeland is a role model for young people everywhere, showing them that anything is possible if they set their minds to it.

Misty Copeland is a true inspiration. Her story is a reminder that we should never give up on our dreams, no matter what obstacles we face. She is a shining example of the power of determination and perseverance.

## **Overcoming Obstacles**

Misty Copeland faced countless obstacles on her journey to becoming a professional ballerina. She was raised in poverty, and she faced discrimination and prejudice from some teachers and peers. However, Copeland never gave up on her dream. She worked tirelessly to improve her technique and artistry, and she eventually achieved her goal of becoming a principal dancer with the American Ballet Theatre.

Copeland's story is an inspiration to everyone who has ever faced adversity. It shows that anything is possible if you set your mind to it. No matter what obstacles you face, never give up on your dreams.

### **The Importance of Mentors**

Misty Copeland was fortunate to have several mentors who helped her along her journey. Her first mentor was Cynthia Harvey, a ballet teacher at the local YMCA. Harvey recognized Copeland's talent and encouraged her to pursue her dream of becoming a ballerina. Copeland also had the support of Kevin McKenzie, the artistic director of the American Ballet Theatre. McKenzie believed in Copeland's talent and gave her the opportunity to prove herself.

Mentors can play a vital role in our lives. They can help us to identify our strengths and weaknesses, and they can provide us with guidance and support as we pursue our goals. If you are fortunate enough to have a mentor, cherish that relationship.

### **The Power of Passion**

Misty Copeland's passion for dance is what drove her to overcome all of the obstacles she faced. She never gave up on her dream, even when it seemed impossible. Copeland's story is a reminder that anything is possible if you have passion. When you are passionate about something, you will find a way to make it happen.

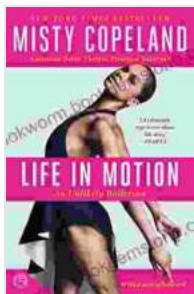
What are you passionate about? What makes you come alive? Once you find your passion, don't let anything stand in your way. Pursue your dreams with all of your heart, and you will achieve great things.

Misty Copeland is an inspiration to everyone who has ever faced adversity. Her story shows that anything is possible if you set your mind to it. No matter what obstacles you face, never give up on your dreams. The power of passion can help you to overcome any challenge.

I hope you have enjoyed this article about Misty Copeland. If you have any questions or comments, please feel free to leave them below.

## Additional Resources

\* Misty Copeland's website \* American Ballet Theatre's website \* Dance Magazine article about Misty Copeland's promotion



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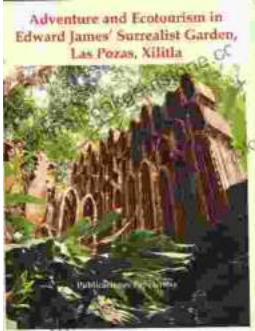
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