



MAKING MOVES

Colette Cousins Finds Her Fun on the Dance Floor

Dr. Iris Kulbatski had the pleasure of interviewing 11-year-old Colette Cousins and her mom Michelle Cousins before their debut performance at WHEEL DANCE's Fourth Annual Canadian Para DanceSport Competition and Showcase, and has shared it with ParaSport® Magazine.

Iris: *What do you do at WHEEL DANCE?*

Colette: I do dances like Salsa.

Iris: *Do you dance together when you're there?*

Michelle: Sometimes and sometimes not. Colette likes her independence, so she gets to dance with lots of different people as do I.

Iris: *What do you like about WHEEL DANCE? How does it make you feel?*

Colette: I'm happy that I can do something that other kids can do who aren't in wheelchairs. I like that I can do different dances that I've never heard of... like Salsa.

Michelle: I think it also means a lot for her to be around other people

in wheelchairs doing something that she really loves, which there isn't, unfortunately, enough opportunity for that. So we're really grateful that WHEEL DANCE exists. Emotionally and physically it's always great to stay active – it's great for the body and great for the mind for sure. And I enjoy watching her. She just loves music and loves to dance. Having the opportunity to express herself through music and through dance is a big deal for her. She even follows some dancers on Instagram.

Iris: *Who do you like on Instagram... who are the dancers you follow?*

Colette: The LA Rollettes. I want to meet them.

Iris: *If you wanted the world to know one thing about your experience dancing, what would it be? What would you tell other kids who are thinking that they might want to start dancing?*

Colette: That anyone can do it.

Iris: *When you think about your time at WHEEL DANCE, what is it that puts a smile on your face?*

Colette: Being around other people with disabilities and wheelchairs.

Iris: *Do you have any goals with your dancing?*

Colette: I want to perform on stage.

Iris: *Can you describe what it's like to dance – what do you feel when you're dancing?*

Colette: Happy.

Michelle: I feel nervous and clumsy for sure. But it's a lot of fun. Once you get past being self-conscious about it and really start to learn, it's a lot of fun. I love doing it with Colette. It's really great to be with a community.

Iris: *How do you feel about dancing with your Mom?*

Colette: [smirking hesitantly]

Michelle: [laughing] I think the look says it all. It's ok. Is it lame? Am I lame? Am I a little lame? [laughing]

Iris: *Well, you have a big performance to get ready for so I won't keep you. Hope you have a lot of fun today!*

Colette: Thank-you.

Do you know a child, youth, or adult who might enjoy WHEEL DANCE?

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