

- Emily Straight: [00:04](#) Hi and welcome to the One Love Fits All Online Conference benefiting the Embody Love Movement. My name is Emily Straight. I'm a faculty member with Embody Love Movement. In a moment you'll be hearing from Amanda LaCount, a 19 year old professional dancer who is breaking down stereotypes in the dance community. Amanda an inspiration and a great reminder that age doesn't need to be a barrier in leading others towards making positive change. Enjoy.
- Pura Fe Sings: : [00:33](#) True freedom involves the understanding of our true human spirit within. It dispels the lie of inadequacy and helplessness who are we? Powerful beyond measure. Who are we? Power of the creator....
- Emily Straight: [00:59](#) Hi, this is Emily Straight from the Embody Love Movement with our One Love Fits All series. And I'm talking today with Amanda LaCount. Who is a hip hop dancer based out of Los Angeles. She's also an activist in the body positivity movement. I'll let Amanda talk about that. Actually, maybe Amanda, we start with that and talk a little bit about your breaking the stereotype hashtag.
- Amanda LaCount: [01:23](#) Yeah, so thanks for that introduction. My name is Amanda as you said, and I'm an 18 year old professional hip hop dancer in LA. And my whole kind of motto is #breakingthestereotype and it's pretty self explanatory but what that means is I just want to show people that, you know, everyone can do everything. And that there's no limits on, like, depending on what you look like or your religion or race or anything like that, does not play a part in how talented you are and how successful you can be. Because I know I've struggled a lot with people telling me like, "Oh, you're too fat to dance and you don't have the right body to dance. You're never going to be successful" and all these terrible things. And half of them didn't even see me dance. They just looked at me and were like, "Oh yeah, you're not going to make it". I'm like, "How do you know?" So I created that hashtag to try to inspire as many people as possible to do what they love and to not let people, you know, tear them down and let them stop doing what they love. If that makes sense?
- Emily Straight: [02:28](#) That makes a lot of sense. I'm curious like what is your hope for that hashtag? Like where do you hope to see it? Who do you hope to use it? Is it just for the dance community or where else have you seen it being used?
- Amanda LaCount: [02:40](#) Yeah, no, absolutely not. It's for everybody. There are so many stereotypes and everything in life. I can't think of anything that doesn't have at least one stereotype attached to it. So I might

focus on dancing cause that's what I do. But it's definitely for everyone. I want to inspire all different kinds of people to try new things to, you know, maybe do something that they thought they couldn't do, but now they can because they feel like, you know, they should do what they love no matter what. And I love hearing stories about people doing things for the first time because they saw me do it. One of my favorite stories is a 45 year old woman came to a dance class of mine that I did in New York, and she was great by the way, But we were doing a Q&A and she says, "Hey, this isn't a question, but just so you know, I saw your posts wearing that two-piece swimsuit and I wore a bikini for the first time because you did it and you look so great". And I was like, "Oh my God, that makes me so happy" because it shows that I made a difference in someone's life. Like I affected someone in a positive way. So it made me really happy. But to finish the question, it's definitely for all people throughout all walks of life. It is definitely not just for dance.

- Emily Straight: [03:57](#) So go out there and use the breaking the stereotype hashtag.
- Amanda LaCount: [04:00](#) Yeah, please do! I try to look at as many as I can, but sometimes it gets hard and I always try to answer all my direct messages because I remember when I was little trying to DM all these really good dancers that had a ton of followers and, no offense, but them never answering, and I was like, "Ohh" (sad). So I always try to answer everything I can. But yeah, please tag me and I'll try and look at them.
- Emily Straight: [04:26](#) Okay. So can we go back a little bit in time with something you were saying about where people were telling you when you first were dancing? I mean you've been dancing almost your entire life.
- Amanda LaCount: [04:35](#) Yeah, since I was two. So for a while.
- Emily Straight: [04:38](#) And then at a certain point you wanted to join a dance team and a coach told you what?
- Amanda LaCount: [04:44](#) Yeah, I was 10 years old and I had just had a great year on the competition team. I won this, this, this and scholarships and all that fun stuff. But it's not about that. I did really good that year and I was working super hard and I did everything I could to make this dance director happy and he seemed happy. And then all of a sudden he asks to have a meeting with my mom and I and we go in, totally not expecting this, but he says, "Hey, I'm sorry but your body type just doesn't fit my vision for my team".

Amanda LaCount: [05:15](#) And I was like, what? I wasn't even sad or angry at first. The first two minutes I was shocked and confused. I was like, where is this coming from? Also, I've been this size my whole life and he begged me to come to his studio. So he knew what size I was. It's not like I was like skinny that all the sudden just ate donuts every day. I've always been a bigger girl, so he knew what I looked like, but asked me to come to his studio and then kicks me off because my body type is just, "Oh my God, I can't imagine having that on my team". And so I was so confused. But then as it sank in a little more, I've got a little more in like the sad, like "is he right?", kind of headspace and for a little tiny bit I wanted to stop dancing at first just because I was like, I can't go through that all the time because I figured that if he thought that, a ton of other people think that. And I was like, I don't think I'm like strong enough to go through people telling me that all the time because that's really hard to take.

Amanda LaCount: [06:26](#) But after four days of not dancing, I immediately I was like, okay, let's go. I needed to dance again, I don't care. Because it's all I've known pretty much. Like my whole life, I, I danced almost every day since I was two. So just cutting it out wasn't an option. And also I knew I wasn't stopped. I wasn't stopping dancing because I wanted to, I was stopping because someone told me to. So it was it was a very different thing. If I wanted to stop dancing, I could, but I was doing it to make someone else happy. And so that's when it became a problem. And I was like, you know what, I should just do it anyway. I can. There's so many studios in Colorado I can go to, I don't have to listen to him. So I went to a new studio, did great and then moved to LA and I've done things that he'll never do.

Emily Straight: [07:13](#) (Emily laughs) So, you know, you had this external voice coming at you saying that because of the way you looked, you couldn't do something that you love to do. And I think a lot of people have the internal voice that often tells them the same thing that keeps us from showing up fully in whatever our dreams are. And, and I guess I want to know what's Amanda's secret sauce to getting past that voice that the rest of us might have internally? Like, what's your trick? Is there a trick?

Amanda LaCount: [07:49](#) Honestly, I have no idea. Like I always tell people this, I have no idea how I'm so confident because I mean my mom's a pretty confident person, but kind of in a different sense. She's more confident where she'll just say whatever she wants and like she doesn't care. Like , she just tells the complete truth that she's thinking.

Amanda LaCount: [08:08](#) And I'm really bad at that. Like, I hate making people mad and I hate confrontation, but she, she doesn't care. She's like, if I'm feeling a certain way, I'm gonna tell you. But then I guess physically she's not as confident. So I don't really know where I got this confidence from. But I wouldn't say there's a trick to it. I think it's just kind of, for me, at least in my case, I love something so much that like nothing could stop me from doing it because I love it so much. So I, I honestly think that, I mean, like I said in my personal experience if you'd love something enough, it won't matter what people say. Like, obviously it's hard because I'm not just going to say, "Oh yeah, people tell me like I'm too big to dance. I'm fine. Like what? It's no big deal." Because obviously I get upset and I get in my feelings about it, but then like an hour later I just have to, to go like, no, this is what you love. This is what you've been doing your whole life. You're not going to stop because some irrelevant person told you you should. You know? So I think if you love something as much as I love dancing, you'll just keep doing it because you can't imagine your life without it.

Amanda LaCount: [09:17](#) Well, there's not really like a trick.

Emily Straight: [09:20](#) I think you actually just said what your special sauce was. It's that you just look outside of yourself and find what you're passionate about and then just go for it.

Amanda LaCount: [09:30](#) Yeah.

Emily Straight: [09:31](#) So what's interesting to me is that, and I know that you dance several different styles of dance, but the one you're most known for is hip hop dance.

Amanda LaCount: [09:40](#) Yeah.

Emily Straight: [09:44](#) Hip hop is all about like showing up. Full bravado and confidence and... And you do that for sure. So I'm wondering, did that come easy to you on the dance floor? Was that something you had to cultivate? Or is it a fake it till you make it and then suddenly you made it?

Amanda LaCount: [10:03](#) I mean, okay. When I was a little, obviously I had to like fake kind of the steps I guess, but I hate people faking emotion. That's like my like pet peeve because when you go to like competitions, I don't compete anymore. I stopped competing like six years ago. I don't like this, these kids competing for a plastic trophy. Like I don't like that. So I stopped, but at competitions, all these contemporary dancers, and they don't

even like know what the song is talking about and they're giving, I just hate fake emotion. They're like so sad and I'm like, that's not what you would really do if you were sad. You know what I mean? And they're not feeling it. So it shows. So I've always been a person where it's like, I have to somehow connect something I'm feeling to the song.

Amanda LaCount: [10:52](#)

I can't just dance and be like, da, da, da. I have to have a reason I'm dancing, or at least for me, I have to. So I've always kind of, even in hip hop, it's not like sad, deep stories, but you have to feel something to make it believable. You can't just be like, duh, duh, duh duh duh duh duh. Like no one's gonna watch that. No one likes that. So you have to make them feel something, even if it's just making them feel happy or like, you know what I mean? It has to be something. But I've always been a performer, like always, and I think kind of where it came from is because when you're little, you just naturally go all out. You do not care what people think. Like you're just like, yeah, this is like what I'm doing and you think you're so cool and all that.

Amanda LaCount: [11:41](#)

So it actually comes when you're little. And then I feel like as people grow up, they, you know, start getting insecure and they might be getting like bullied at school so they get less confident. So then when they're dancing it kind of comes across. And I dunno how, but somehow being bullied, I was still really confident in myself and I think it just kind of transferred over and I got lucky enough to where my kid confidence transferred into like adult confidence. So now I'm just like extra confident. I don't know if that makes sense. A little bit.

Emily Straight: [12:13](#)

It does. Well, I think, um I have so much fun watching you, and I was thinking about it because one of the things that we talk about is how like, we're mirrors to each other. So whatever's going on in your head about your body and the way you feel is going to affect the way that what's going on in my head and is affecting the way that I feel. So as I watch you, like, so people can go out there if they want to learn about mirror neurons, like watch her dance and it's a crash course because suddenly you start feeling like super confident and like, I got some moves and I can show up. So when you perform live, do you feel that sort of energy coming back at you from the people that you're performing for?

Amanda LaCount: [13:02](#)

Yes. I would say I don't recognize it as like kind of like confidence, energy I guess. But I'm glad that you will feel that way. It makes me really happy. But when I perform I just feel kind of positive energy and it makes me feel so happy when people were like, "Whoa Yes!" because I know that they're

screaming for me, but I feel like they're... How do I explain this? Um...I feel like they're letting go almost and I feel like they're kind of having their own experience. Like they're screaming for me, but like they're also doing something for them. They just don't know about it. And so I love when people get really excited seeing me perform. Everyone's just jumping in, screaming at each other. I dunno. I guess I love it. And my like worst nightmare would be performing for like a crowd that is just flat. I can't do that. Cause what you give out is like what I'm going to give out, you know what I mean? If I'm giving 100% and you're just like (slow clap), well, it's like you're not getting a show then. Give me some energy.

Emily Straight: [14:14](#)

So what has been some of your thoughts in terms of the most fun or maybe the most challenging work that you've done?

Amanda LaCount: [14:24](#)

Yeah. Oh, okay. So my favorite job I've ever done, I don't even know if I'd really like consider it a job, but my favorite kind of opportunity I've been given I guess is what I'll say. I was lucky enough to be the November, 2018 cover for Dance Spirit magazine, which if you're not a dancer, you won't know what that is. But if you do happen to be a dancer, it's probably the biggest dance magazine in the United States. So it's a pretty big deal. And growing up I would always see it in my dance studio, you know, everyone has a subscription to it and I'd be like, "Oh, this person's so cool on the cover". And I would read all their articles and I just thought it was so cool. I set three goals a year, mostly, and last year my goals were to be on Ellen, to dance with Megan Trainer, and to be mentioned in Dance Spirit magazine.

Amanda LaCount: [15:18](#)

Like I just wanted my name in the back somewhere, like a little tiny like paragraph article somewhere. And then they called me to be on the cover. I was like, I fell to the floor. Funny story about that. My mom actually interrupted my dance class at school. I graduated in 2018 but when they told me I was still in school and she came in, she's like, Amanda, come here. And she said it in a way where I thought I was in trouble. So I was like, what did I do? I didn't do anything. And she's like, Hey, so I don't remember exactly what she said, but she said something like, Oh, are you free? Like July 20 something to do something? And I'm like, okay, sure. Whatever. She said, okay, we have to go to New York and shoot your Dance Spirit cover, or something like that.

Amanda LaCount: [16:02](#)

And I, I fell to the floor! I literally was like, Uh, just on the floor. I was crying. It was so crazy. And everyone in my class – I was in a ballet class – everyone in my class, cause the door was open,

was looking out and was like, "what is happening?" Like also doing like their tendus, like looking at me. But then I came and I told everyone and it was a really cool moment. And shooting it was amazing. But the coolest part obviously was seeing the cover and like getting it like hard copies for the first time and reading the article. And it was, it was really cool. So that's my favorite thing I've ever done and the coolest thing I've ever done, I think. But I mean, Ellen was awesome. She's so sweet. She was great. And then I performed with Keala Settle, who is from the greatest showman. She was just the best.

Amanda LaCount: [16:51](#)

She's so nice and so talented and like, she's so great. And then I performed with Meghan Trainor at the Radio, Disney Music Awards. And she is also super nice. Everyone I've worked with for the most part is really nice and I know that I get lucky because some people are just not nice. [laughter] Everyone gets a really big ego really fast. So I was like, Oh no, I hope these people aren't mean, and like, I hope there is nice as they seem, but they were completely. Meghan was amazing. And then, yeah, I did the Dance Spirit cover. I've worked with Katie Perry, which was really cool. She was also amazing. She actually came up to me and took like five minutes out of her time shooting the music video, to come up to me and say, you know, this is why I picked your video.

Amanda LaCount: [17:37](#)

Because if you don't know, she did an Instagram challenge and so probably hundreds of thousand people posted for it. And it was for Swish, Swish with Nicki Minaj and pretty much all you had to do was post a video of you dancing to it or just having fun dancing to it. And I did mine so last minute because I saw everyone doing it and I was like, eh, I'm not going to do it. Like there's no point, no sense that she's probably not gonna pick me. So there's like no point in me doing it. But then I kept seeing all these people doing it and I'm like, okay, everyone I know is doing it. I should just do it. Like why not? It's not like it's gonna do something bad to me. I will not be affected by doing it, so I might as well do it.

Amanda LaCount: [18:16](#)

So I went to this studio – I rented it for 30 minutes. I was there by myself, put my phone on a bar, like a ballet bar, kind of like balancing it and I just self-recorded myself doing this dance and it wasn't good quality. It wasn't like there were no tricks in the dance. I was just doing like a fun dance. And she shows me and I freaked out, also when she called me, pretty much the same way I freaked out about the Dance Spirit cover. But anyway, back to her taking time out of her day. She was just, you know, "I picked you because you know, like you have such a great message and I love what you stand for and you're so talented".

And I was just like...It was so crazy, because no offense, but like when they said, "Oh yeah, Katie picked you by hand". I'm like, no, she didn't like her producer picked it, her manager picked it, you know, all that. But then she came up and I found out that like her people narrowed it down to the top 12, but she did choose out of the 12, the person. Like she hand chose, watched all of them. And I was like, "Oh my God!". It's like look through my whole Instagram cause she was talking about these pictures that you would not know unless you've seen my Instagram. So I was like, "what?" It was crazy, but she was really nice. So I talked way too much about all this stuff. But I've been able to do some pretty cool things. So I don't think.

Emily Straight: [19:36](#)

I don't think you talk too much about it. I think more people need to hear about it. So I'm super excited that you get to share it. I also want to give you a chance, we you know, are influenced so much by advertising and the media out there and some brands are becoming better and better at being inclusive and so we want to support those brands and maybe not support the ones that do body shaming as a message. So are there any particular brands that are supporting you or that you're partnering with that you would like to highlight?

Amanda LaCount: [20:10](#)

Yeah, I mean I have a lot of brands. I'm lucky enough to have a lot of brands that are pretty supportive of me. The first brand I think that ever reached out to kind of sponsor me/me be an ambassador for, was Capezio, I'm pretty sure. And they actually took me to London for a dance festival, which was like insane. I freaked out. I was like, I've never been like to this side of the world before. I'm like freaking out. But it was amazing and I'm so thankful for them. They've been nothing but, I mean, super kind, super supportive to me. So they're great. And it's kind of crazy because growing up, obviously they're one of the biggest dance wear people out there, probably the biggest. Everyone knows Capezio and so to see them want to work with me, was a really big deal.

Amanda LaCount: [21:00](#)

So that was pretty cool. Zuma is also a huge partnership of mine. We've been working together for two years, I think. And they are just the sweetest people. They've taken me on the Zumba cruise twice. I'm going to Zim Con in about a month-ish, and I'm super excited because everyone there is just so high energy and so excited to be there and it's just a great atmosphere. And then I work with this brand called Identity of She and if you see all my shirts that I wear, the ones that say like "Hips, Thighs, Curves, Booty" or whatever or like the Thick AF one, those are all their shirts and funny story, they actually sent

me the 'Hips Thighs' one and I looked at my mom, I and I was like, there's no way I'm wearing that to dance.

Amanda LaCount: [21:45](#)

Like there's no way I'm wearing that because it's just so like I'm already out there enough. I was like, that's so like, I don't know, it was just like almost like too like revealing and I was going to feel like vulnerable or something for some reason and so I was like, there's no way I'm wearing that. Like that's too much. And then one day, I don't know why I ended up wearing it and then I loved it. I was like, no, I love this shirt because people like look at me and they're like, is she really wearing that shirt? And I'm like, yeah, I'm wearing this shirt. So, I love them. They're awesome. And I love their shirts, obviously. I wear them too much.

Amanda LaCount: [22:16](#)

And then what other brands do I work with? Oh actually this is kind of a weird one. But this past, I think like January, February, I started working with the dairy council of Michigan. Oh, random. So random, like, I don't know. But they've actually been really nice. They took me to Michigan and I got to speak at this school and I got to perform for them. And it was a really cool experience. All the kids were really excited to see me and I dunno. It was, it made me feel really cool. And then what else? Oh, in February I went to Chile. Yes. Chile. Santiago, Chile, like, yeah, South America. And I actually went there to shoot a Dove commercial in March, I believe. March. And oh my gosh, it was so fun! I was only there for I think, two whole days. But still, just a little part I saw of Santiago is beautiful and the Dove people were amazing and I've always wanted to work with Dove because they've always been pretty inclusive for the most part.

Amanda LaCount: [23:27](#)

Like they always have tried to, you know, show real people, like, not like friggin like models. Like I'm like, okay, thank you for letting me see someone like me using your product. I appreciate it. So I've always wanted to work with them because I noticed that right away that they're different from other kinds of beauty brands where it's very like 'model, I'm pretty' like. I don't know. So they're trying to show real people. So I appreciated that. And when I got the opportunity to do the commercial for that, I was freaking out and it's a really cool campaign actually. And it's still going on. Sometimes my commercial will pop up before YouTube video and I'm like, "Oh my God, that's me!". Like, that's so cool. The campaign is called 'Show Us' and it's all about different people from completely different walks of life saying, you know, whatever career path they're taking, show us more people that blah, blah blah.

- Amanda LaCount: [24:19](#) And so my thing was show us that fitness can come in all sizes. So that was my part and I did like a little dance routine and it was really cool. But they were super supportive and that was one of my favorite jobs I've done as well. And I did...
- Emily Straight: [24:34](#) I haven't seen that one yet, so I'm going to have to look.
- Amanda LaCount: [24:37](#) So good. I think I put a little bit on my Instagram, but if you just look up 'Dove Show Us', it's a pretty cool campaign. But then I worked with Target a little bit where I'm not sponsored by them in any way, but I did do one kind of like thing with them. And it was all about kind of showing people that anybody can wear the swimsuit they want. So I got like my two, like bikinis swimsuits and that was the first time I've ever worn like a two piece swimsuit.
- Amanda LaCount: [25:02](#) And I was like, not self conscious, but cause I'm very confident clearly. But it was almost just like, "I've never done this before". Like what are people gonna think? A little bit like, I don't care. Like I think I look good, but what are, what are other people gonna think? But the response was really amazing and everyone was super supportive. And so now I wear two piece swimsuits all the time. I love it. So honestly, thanks to Target and they're super nice. So I'm able to work with a lot of different people. Yeah, I'm real thankful for that. And I hope to work with more brands in the future. So, yeah.
- Emily Straight: [25:34](#) So well in a moment I'm gonna have you talk to me about what's coming down the pike for you, cause I want to hear about that too. I have one last question I want you to talk on. So I'm wondering, you mentioned your mom, but I'm wondering if there are others out there that have inspired you, maybe in the dance world, but maybe not, for just breaking the stereotype and showing up. And who is it that you look to? Who do you follow on Instagram that helps you feel good about you?
- Amanda LaCount: [26:07](#) Yeah, so the thing is, is at least growing up, you know, people always say, you know, who inspires you? Like, who do you look up to growing up? And I'm like, okay, literally no one, I didn't have anyone. Like there were no options for me to choose someone who I could look up to. Like I know that there were probably, obviously plus-sized dancers, but I didn't see them anywhere. So I didn't really have anyone to go off of. I was like, okay, I'm kind of like the first person I know of, at least. Obviously I know I'm not the first, plus-sized dancer, clearly, but in my world I was, so I was like, Oh no. Like, I'm kind of like one of the first people doing this. This is kind of weird. So yeah, I didn't really have anyone to look up to when I was younger.

- Amanda LaCount: [26:51](#) Right now there's a model, Denise Bidot who I really love. I worked with her on her 'No Wrong Way' campaign. It's like kind of her merged company. And she was super, super sweet and she is amazing, super supportive and you know, she's traveling the world, doing all this stuff and still every once in a while she'll check in and be like, "Hey, I've seen stuff you're doing, you're doing amazing. Like wow, hope to catch up or something". So she's super amazing. It's hard to think of plus-size dancers that like inspire me. Just because most of them either like I know or I'm like, cause obviously there's like 10 of us, so we're pretty close. So it's kind of like a whole group of us kind of trying to face the dance world and like a battle.
- Amanda LaCount: [27:41](#) So all of them inspire me. There's a dancer Alison who's super amazing. She's on the Janet Jackson tour. She's awesome. There's a girl named Amari who's doing cool things. She also danced for Janet Jackson. Go Janet Jackson! Yes. So there's a few people like that, but honestly, I don't have like one huge inspiration because I didn't really have too much of that when I was growing up, if that makes sense.
- Emily Straight: [28:07](#) So that's who you get to be for others then?
- Amanda LaCount: [28:10](#) Yeah, I always say, I actually said this in an interview, by accident. Well, not on accident, but like I didn't realize that I loved it until like listening back to it. But I said I want to be the someone like me that I didn't have growing up. So I like, I love that now. So yeah, I wanna I want to be the person that another like chubby dancer kid can look up to and be like, Oh, there's someone like me. Like, okay, maybe I can, you know, do this or stuff like that.
- Emily Straight: [28:39](#) I love it too. I love that too. Thank you for sharing that, for saying that actually. Cause I think each of us could be that person for somebody else. So Amanda tell me what's going on next for you? What's coming down the pipe?
- Speaker 4: [28:54](#) Well this isn't next, but those are the things I was really excited about that I didn't get to share on my other kind of interviews. But July 23rd, I had an American Eagle campaign come out. And it was such a cool experience. It was a collaboration with Young Money. And so Little Wayne as part of that and he came in and performed for us and it was super cool and I got to dance and I worked with other amazing dancers and people for two weeks or so and it was such an amazing opportunity and I have never worked with a clothing brand that big. I don't think for a campaign. I've never done like a campaign. So it was really cool

for me cause I never thought I'd be able to do that. Like growing up kind of like model.

Amanda LaCount: [29:39](#)

I was like, okay, well, no, obviously don't really have that kind of vibe. So I don't think I'm going to be doing that. So it was really cool to get the opportunity and they were great. But I also, am doing the Zumba convention which I'm really excited about. I went last year and they were so amazing. They're nothing but like the most happy kind, supportive people and the energy is just so good wherever I go. Wherever people do Zumba the energy is positive and I love it. So I'm super excited for that. I'm going to Indiana to do 'Best Buddies' I believe, and pretty much what that is is I am performing and talking to people who suffer from different disabilities. And I'm really excited to do that because growing up I always had told my mom like, I want to open a studio specifically for people who might have mental challenges or try and attract people that feel like they're not welcome into normal "normal" dance studios.

Amanda LaCount: [30:41](#)

And so I've always told my mom that I want to make a dance studio, like specifically for that, because I didn't feel like I fit in anywhere. So I want to make other people that feel like, that have a place that they can dance and learn and become great dancers. So I'm really excited to do that because I love doing things like that and working with companies that do amazing things like that. So that's super cool. And then I'm doing 'Brian Friedman', who was a pretty big choreographer. I'm part of his entourage, which means he has his own convention and every, well there's only the second year, but he chooses about 15 to 20 dancers to assist him the next year. And to kind of perform and pretty much his main group of like assistants. So I'm one of those people and I'm super excited. I've been taking from him for like five years now and he's a super big mentor to me and I love him. So I'm really excited for that. And yeah, that's all I know of at least. But I'm sure things will pop up along the way.

Emily Straight: [31:40](#)

Well, there's nothing holding you back. I just I love your energy. There's a quote that I love a lot that reminds me of you actually, which is I think Rumi and it's "Let the beauty that you love be what you do". And to me, that you. So tell people how they can find you. How will they find you on Instagram or YouTube or Facebook or wherever you are?

Amanda LaCount: [32:04](#)

Yeah. my Instagram is Amanda LaCount as well as my Facebook. I have a Twitter but never use it. So if you want to follow me on that, every once in awhile I'll be like, this is how I'm feeling or this is what I'm doing. But I'm not a Twitter person. For people who have Snapchat, I don't know if you're like a Snapchat

person – don't make fun of my username – but it's AmandaPanda2684. And then my YouTube channel.

- Emily Straight: [32:29](#) Say it again.
- Amanda LaCount: [32:30](#) Amanda Panda two six eight four.
- Emily Straight: [32:34](#) Okay.
- Amanda LaCount: [32:34](#) I made it when I was like nine, but okay. And then for YouTube, I have two pages. I have Amanda LaCcount dance, which is my dance videos. And then I have Amanda LeCount, which is more of me doing silly YouTube videos or me blogging or me taking you around, showing you what I'm doing for the day and going on auditions and being on set and things like that. So yeah. Oh, and I have a website, actually a new website that I made about two or three months ago and it's just AmandaLaCount.com.
- Emily Straight: [33:01](#) Okay.
- Amanda LaCount: [33:03](#) A lot of different things you can watch me on.
- Emily Straight: [33:06](#) So if there's one thing that you would like to say to say a young dancer or a young person who's feeling insecure in their own skin what would you say to them to help them get past that hump and moving forward to doing what they love to do?
- Amanda LaCount: [33:28](#) I would say my number one, like, I don't know if this will help you get over, like kind of like self esteem issues, but I know that if you would do this, it would help. Or like if you wouldn't have done this in the past, you probably wouldn't be having as many self esteem issues. But don't compare yourself to other people because I'm like so bad at that. Even now, like I say all the time, but I still obviously have problems with it myself. But it's really easy to be on Instagram and be like, "Oh", and compare yourself to the people and the things they're posting. But that's not, that's not realistic and you shouldn't compare yourself to anyone because you're two different people. And if it's not fair to either person to compare yourself to other people. And so that's the main part of advice.
- Amanda LaCount: [34:12](#) And this isn't really advice, this is just something I'd really like to say. This is another thing I said like kind of accidentally in an interview that I really, really like. And I said, "Talent isn't a look. Talent is someone's passion." And so I really love that, what I said, cause I think it's, it couldn't be any truer . People, I dunno, always think that there's a certain look for successful people

and like there's not, it's how passionate you are. It's how hardworking you are, how much you love something. And just kind of how much willpower you have to do it.

Emily Straight:	34:45	That's awesome. Thank you so much for your time today and spending time with us.
Amanda LaCount:	34:50	Of course. I had a lot of fun.
Emily Straight:	34:50	We wish you all the luck.
Amanda LaCount:	34:51	Thank you!
Emily Straight:	34:51	You don't need it.
Amanda LaCount:	34:52	Thanks, you too.