She Strikes a Pose to Break a Sweat

By: Jen Murphy

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The dance made popular by Madonna provides a fun fitness break and a confidence boost for an insurance claims agent

WHEN BRENNA CROWLEY grew up in New York, she was a dancer. She says she was drawn to dance because it was a way to express herself and to feel good about her body. As a child, she would often dance in her room to music she heard on the radio. She says she would also dance with her friends in the playground and in the streets.

CROWLEY began taking dance classes at a young age, first in ballet and then in modern dance. She says she loved the way dance could express emotions and tell stories. She also enjoyed the physical challenge of dance and the sense of accomplishment that came with mastering difficult moves.

CROWLEY says she was drawn to vogue dance because it combines elements of fashion, dance, and performance. She says she was inspired by the way vogue dancers used their bodies to create a visual spectacle and to express their individuality. She says she enjoyed the way vogue dance could be both a form of self-expression and a way to connect with others.

CROWLEY says she started teaching vogue classes at a local studio when she was in her early 20s. She says she was drawn to teaching because she wanted to share her love of vogue with others and to help them develop their own unique style.

CROWLEY says she has seen vogue grow in popularity over the years, especially among young people. She says she has seen vogue classes become more formalized and structured, with instructors teaching specific techniques and choreography.

CROWLEY says she has also seen vogue evolve in terms of its themes and messages. She says she has seen vogue dancers use their art to express solidarity and resistance, as well as to promote self-acceptance and self-love.

CROWLEY says she is excited about the future of vogue as a form of self-expression and resistance. She says she hopes vogue will continue to inspire people to express themselves freely and to challenge societal norms.

CROWLEY says she is committed to teaching vogue to others and to sharing her love of dance with the world. She says she hopes to continue to inspire and empower others through her vogue classes and performances.