



# THE DANCE FLAMENCO

**LOVED BY** Amanda Hawtree Jones, 39,  
an investment accountant and mother  
of Mair, nine, and Bryn, six

## WHY I DANCE

**“I’m a born  
show-off!”**

**“Growing up, I always wanted to be a performer, but my childhood ballet teacher told me I was too big and not graceful enough for ballet, so somehow I ended up being an accountant, which is obviously a lot less fabulous. After I had my two children, I started going to the gym to get my figure back, but found none of the classes were expressive enough for me. I found it all so boring. I have always been interested in Spain – it was the first place I went to abroad – and when a friend suggested flamenco, I thought I’d give it a try.**

My teacher, Sandra, told me I was a natural – so my confidence soared. Now I’m hooked – I’m passionate about my career in banking, but sometimes I do wish I could dance all the time. I try to get to a lesson with Sandra about twice a month, and have even done live performances with her, which has been fantastic. Dancing is such a release. It’s like my alter-ego. At work, I’m in a suit, hair tied back, efficient, then at night, I can transform myself.

Flamenco is passionate. It’s feminine beyond any type of dance. There’s a technical side to it, but, really, there’s no right or wrong – it’s just about interpreting the music. It’s sexual, exciting and, for me, it meets my need to express myself. No other type of dance has hit the mark for me in that way. And what girl wouldn’t love wearing flowers in her hair, a long swooshy skirt, and to stomp around and clap and flick her fan. I’m a born show-off and flamenco is all about ‘look at me’, so it’s perfect.”

For more information on Sandra La Espuelita (Amanda’s teacher), visit [flamencodancer.co.uk](http://flamencodancer.co.uk) →