

# Judith Jamison Quotes

*Dance, People, Dancing, Dancer, African American, Children, Thinking, Believe,  
Giving, Way, World, Inspirational, Light, Black, Vocabulary, Beautiful, Humans,  
Talking, Vision, Manifestation*

It's a real gift to have a husband and wife in the company that love each other and that work together. They check on each other emotionally and physically. That's beautiful to me.

~Judith Jamison

I believe in spirit and then I believe a manifestation of spirit is dance

~Judith Jamison

Learn the craft of knowing how to open your heart and to turn on your creativity. There's a light inside of you.

~Judith Jamison

Dance is bigger than the physical body. When you extend your arm, it doesn't stop at the end of your fingers, because you're dancing bigger than that; you're dancing spirit.

~Judith Jamison

Dance is about never-ending aspiration.

~Judith Jamison

People come to see beauty, and I dance to give it to them.

~Judith Jamison

We can go on talking about racism and who treated whom badly, but what are you going to do about it? Are you going to wallow in that or are you going to create your own agenda?

~Judith Jamison

If you look at a dancer in silence, his or her body will be the music. If you turn the music on, that body will become an extension of what you're hearing.

~Judith Jamison

One you've danced, you always dance.

~Judith Jamison

You don't enter a dance studio and say "I can't do that." If you do, then why are you in the studio in the first place?

~Judith Jamison

I've always felt that complement of opposites: body and soul, solitude and companionship, and in the dance studio, contraction and release, rise and fall.

~Judith Jamison

Once you've danced, you always dance. You can't deny the gifts that God sends your way

~Judith Jamison

I felt the naivete of a child in my dancing. I cherished that feeling. I had what I call a knowledgeable naivete, and it worked for me.

~Judith Jamison

Dancing is a gift. You are supposed to do it; it's like breathing.

~Judith Jamison

Maybe its a generational thing, but I never wanted to be the best black dancer in the world. I just wanted to be the best.

~Judith Jamison

I haven't had a family, but I don't think of that as a sacrifice: my dancers are my family.

~Judith Jamison

I've danced all over the world, and people are people. We cannot cut off from each other in life. In order to lead, you can't do that.

~Judith Jamison

I want to know who you are as a person, and then I want you to develop as a whole human being.

~Judith Jamison

I'm moved by contraries, by opposites, the strength that was my mother's eyes, the beauty of my father's hands.

~Judith Jamison

I want people to have their own visions for the dance. Some generations will sit back and relate to the music. And the young people ...they'll have the dance right in front of them.

~Judith Jamison

The word 'suffering' is not in my vocabulary.

~Judith Jamison

So many people dwell on negativity and I've survived by ignoring it: it dims your light and it's harder each time to turn the power up again.

~Judith Jamison

Excellence is the name of the game.

~Judith Jamison

Every dancer lives on the threshold of chucking it.

~Judith Jamison

I was a protege; by the age of 10, I was studying with ballet choreographer Anthony Tudor in a class of adults.

~Judith Jamison

Dance is not endangered - it will always find a way to express itself.

~Judith Jamison

I've been in a competitive situation almost all my life. I've been having a

competition with myself and trying to be the best I could be.

~Judith Jamison

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