



Name: Dawn Balic

What year did you dance? 2016

What was your style of dance and why did you choose that one? Salsa. High energy, sexy Latin music which I love but also because my instructors specialized in it! So of course 'I followed their lead' (couldn't resist the pun!)

How did you first learn about Swinging with the Stars? My friends Nica Graziotto and Lesley Brydon.

What was your connection to COHA at that time? As a former nurse, I always feel a draw to helping people and wanted to make a difference for their organization in a positive way while having fun!

What is your favourite memory from your performance? The dance with Jaime was terrifying and so exhilarating at the same time! Jaime was amazingly skilled in his execution of a difficult dance...he and Samantha deserve so much credit! There were 3 lifts in the dance, including a cartwheel which I was super nervous about, but also huge feeling of accomplishment getting through it! The post interview with Toby Tannas was also super fun because we got to celebrate it!

Are you still dancing today? I love to dance, and every once in a while, if I've had enough wine, the Swinging with the Stars moves come out.

What backstage moments stand out to you today? My friends and husband being there. All my girlfriends wore matching flowers in their hair to support me. Samantha and Jaime were AMAZING instructors who I still have the privilege of calling friends to this day. I can't say enough about them. They were such incredible support through this whole experience.

Has this experience inspired you to do other life changing things? As an overthinker and anxious person with no prior dance experience, this was definitely a big accomplishment for me. It has definitely encouraged me to aim to be less fearful in life and just go for it!