

# Interview with Carlos Lopez

Posted on [August 22, 2011](#) by [Adam](#)




## GET SOCIAL

**ALL AROUND DANCE** All Around Dance  
**AllAroundDance**

**AllAroundDance** The All Around Dance Daily is out! [bit.ly/p5GFYV](http://bit.ly/p5GFYV) ▶ Top stories today via [@dance\\_spiritmag](#) [@acumenbrands](#) [@dance\\_teacher](#)  
3 hours ago · reply · retweet · favorite

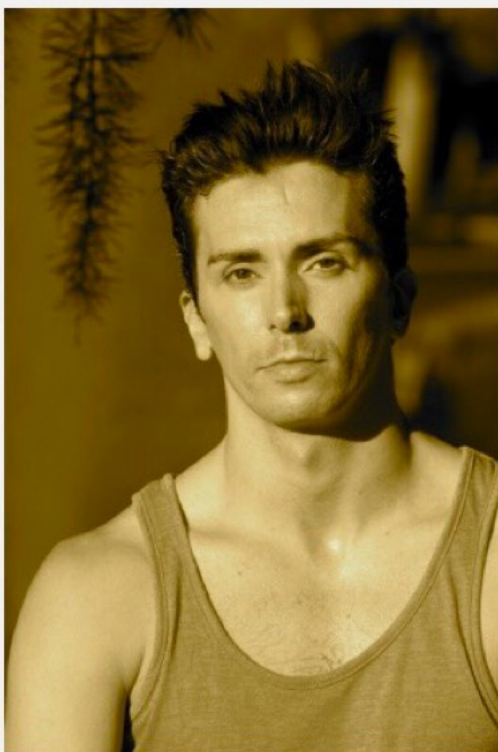
**AllAroundDance** The All Around Dance Daily is out! [bit.ly/p5GFYV](http://bit.ly/p5GFYV) ▶ Top stories today via [@joffreyballet](#) [@l\\_a\\_ballet](#) [@balletbeautiful](#) [@tapdancingnews](#)  
yesterday · reply · retweet · favorite

**AllAroundDance** The All Around Dance Daily is out! [bit.ly/p5GFYV](http://bit.ly/p5GFYV) ▶ Top stories today via [@quizprep](#) [@nycda](#)  
2 days ago · reply · retweet · favorite

 Join the conversation

**ALL AROUND DANCE** All Around Dance on Facebook  


53 people like All Around Dance.



Carlos Lopez. Picture by Jesus Vallinas.

Carlos Lopez is a professional ballet dancer most recently known for joining the American Ballet Theatre in 2001, and being appointed a soloist with the ABT from 2003 – 2011. He was principal dancer with the Victor Ullate's Ballet company for 10 years, and has guest performed with Tbilisi's National Ballet, Ballet Nacional De Cuba, Ballet Etudes of Miami, The Capital Ballet Company, and many others. He is currently freelancing in New York. To learn more about Carlos, visit his site at [CarlosLopez.org](http://CarlosLopez.org)

**AAD:** When did you first begin dancing?

**Carlos:** I started dancing At Victor Ullate's ballet school when I was 11 years old, but I remember that before that, I used to watch a lot of movies with Fred Astaire and Ginger Rogers and I was always dancing around the house all the time.

**AAD:** What style of ballet do you prefer and why?

**Carlos:** I would say after all this time that I don't have a preference of style. Each of them gives me different reasons to like it. Classical is probably the most demanding and can be very stressful sometimes, but because it's so pure and so precise it's also very rewarding when you do it well. I also like that I can portray different characters in different stories. In more neoclassical or contemporary ballets I love the freedom of body movement that I can use and also I think you can show your personal style and own way of dancing.

**AAD:** How would you describe your passion for dance?

**Carlos:** I would say it's a necessity that I have to express myself through the music. Even if I'm not moving with my body I dance when I listen to music. I love the control of my body, the hard work transformed in art, the adrenaline my body projects when I'm on stage.

**AAD:** Tell us about your decision to become a professional dancer.

**Carlos:** After four years at the ballet school, I was 15 years old and Victor told me that he needed a dancer for the next show of the Company. I went and told my parents. I had no doubt that I wanted to become a professional but I had to deal with the school and also with the tours and shows that would make my studies more difficult to finish. I said yes, of course and ill now.

**AAD:** If you could dance for any company in the world, what would it be and why?

**Carlos:** Right now, after being 10 years with the American Ballet Theater which is considered one of the best companies in the world, I would like to be in a company where I can even push myself more, with a diverse repertory and where they can give me opportunities to grow as an artist. I won't say any particular one because I think there are a lot of good companies and all of them have different things I like.

**AAD:** What is the most challenging thing about your career?

**Carlos:** Maintaining through the years the discipline that you learn at the school, keeping your body in shape, dealing with injuries, loving what you do no matter how hard it can be sometimes, and growing and letting your body change over the years using that natural change to become a better dancer.

Sheri Amy Jessica



 Facebook social plugin

#### Categories

- [Featured Posts](#)
- [Interviews](#)
- [Pictures](#)
- [Videos](#)

#### Archives

- [September 2011](#)
- [August 2011](#)
- [July 2011](#)
- [June 2011](#)

**AAD:** What do you think and feel when you're on stage?

**Carlos:** It's difficult to explain. Before the show, I have nerves and concentration. Then, when I start to dance I feel like all those nerves become a mix between relaxation, joy and a rush of energy and adrenaline. I feel that I can do whatever I want and I'm in control of the situation. My mind goes as fast as a racecar.

**AAD:** Do you still attend classes / conventions / professional organizations?

**Carlos:** Not conventions, because I'm very immersed in the dancing right now, and also I haven't been invited or seen any of them close to where I live. But classes, yes: I try to take class in many different places everywhere I go, with different teachers if it's possible. Anybody can give you a hint of something new to perfect your steps and dancing. In this career you never stop learning and growing as a dancer. Even when you stop performing you can still use what you've learned in the past to do it better next time.

**AAD:** How do you keep yourself motivated and maintain creative thinking during your off time?

**Carlos:** I try to take class, as much as possible, at least once a day, because watching other dancers is a good way of motivate myself. I watch different dance companies or spectacles, watch movies, of course listening music, and YouTube. When I was younger I used to collect ballet VHS videos, and I have around 200 or more at home that inspired me when I was growing as a dancer. Now, YouTube gives me the opportunity to see other dancers and choreographies that inspire me.

**AAD:** What is the most valuable advice you have received from a teacher or mentor?

**Carlos:** To have discipline, and after all the rehearsals just to trust myself, let it go and enjoy.

**AAD:** Anything else you would like to share with readers of All Around Dance?

**Carlos:** I hope in these moments of economical problems around the world, people can forget about them, and go to see dance and support the dancers. We dedicate our lives for those moments that we share when we are on stage and have an audience in front of us; Hoping they will enjoy as much as we do!

