

STEPTOGRAPHY COMPETITION

STEP TOGETHER aims to help raise awareness of the benefits of dancing for mental health and well-being. At the same time, this competition aimed to promote cultural diversity, customs and traditions from around the world.

The competition invited participants to submit a photograph that captured the happiness when dancing. We received in excess of 2K entries from 32 different countries. Here is a selection of images that reflect community spirit as well as images that portray professional dancers.

A selection of entries from the STEP TOGETHER will be showcased on the DLR network to mark World Mental Health Day 2022.

Thank you to our judges for their time and support.

Ballroom dancing with good old shoes.

1. Clelgen Luiz Bonetti



Children singing and dancing in a cafe for children affected by autism and Down syndrome.

2. Abdollah Heidari



The Maasai Mara welcomed me with their famous jumping dance. Accompanied by songs, men take turns to see who can jump the highest.

6. **Deepa**



Dancing to a typical song during carnival in Goiânia, Brazil.

3. Angela Macario



Performing a traditional dance celebrating the joy of Chaath. Kolkata, India.

5. Roy Dibakar



A mother holding her daughter's hands whilst enjoying every drop of rain, dancing and spinning in circles with happiness.

8. Jahid Alamapu



Dancing is one way of expressing emotions and telling stories. In this photo a Spanish dancer performs the "corrida" - a fight between a man and a bull.

7. Marcin Maziej



4. Anna Sandowenko

A Special Family Christmas.



Children from Konso, Ethiopia, singing and dancing to tribal tunes.

9. Emmanuel Fajutag



Young girl enjoying a spin

10. Evgeny Melekhov



11. Gilmar Dolavale Jr.

Photo taken at the midday dance with participants enjoying a ballroom experience.



12. James Mileham

The arcade dance game overlooking Margate, Kent, England.



Young woman dancing Bomba y Plena, (Puerto Rico's folkloric dance), at a beach party.

14. Jose Fuentes



15. Judith Le Roux

A retired couple going to tango therapy classes at a hospital in Argentina.



16. Kip Harris

Salt Lake City at the US National Square Dancing Convention



17. Marcos Antonio Ramos Esteves

Dream of dancing. Boy dancing in the backyard of his house dreaming of joining a famous ballet company.



rain on a building roof top!

18. Md Imrul Kayes

My friend Jhilik loves Indian classical dance. Here she can't resist dancing in the



19. Morgan Louie

Outdoor dance event in Washington DC.



Grandparents party, In homage to his wife he has dressed up as a woman. The two surprisingly, despite their age of more than 93 years, set an example of life.

13. Javier Arcenillas



20. Nadezhda Preminina

Love on the dance floor



21. Mark Lapis

Flamenco dance full of heat! Poznań/Poland



Caminito, La Boca, Buenos Aires, where Tango is a religion.

22. Nick Board



23. Oleksandr Tsarytsanskyi

A Ukrainian woman dances a Ukrainian folk dance with song called "Green leaves, white chestnuts". This dance celebrates femininity with movements evocative of the water surface, sometimes raging, sometimes quiet. Smoothness, sincerity, femininity, grace.



24. Parag Rama Wavale

The Holi Festival in India is very big wild, you can see big crowds, colored dye, water guns, music, dancing, and partying peoples all around. During the Holi Festival, people dance in the street and playfully throw colourful dye on each other. A joyful time in India.



"The Pose" I am completely passionate about photography and dance. I have a special affection for ballet and its movements. The ballerina and her lines.

25. Rodrigo Mazzola



26. Simon King

Morris Dancers perform during the Wellow.

Morris Dancers perform during the May Day/Platinum Jubilee Celebrations at



27. **Zhang Xu**

SALSA Art Festival in Beijing, Ch passionate dance.

SALSA Art Festival in Beijing, China, where a couple got together for



the train.

28. Stephan de Rouville

- The young boys are dancing as the weekly train will pull up any time now in
- this isolated region of Madagascar. The children's father keeps a look out for



29. **Yin Yu**

'Happiness''



30. Alexandra Filipeti Calliari

With his snake print skirt Rober seemed to have entered another dimension and it was a beautiful moment for me to witness.



31. Nico Nardomarino

Up until recently, a mysterious illness affected women from Puglia when bitten by spiders. The only way to treat this was a prescription of music and dance, *Pizzica*. This Folk music exhorted the women into a hypnotic dance, to sweat the spiders' poison out of the system.



B2. Md St

32. Md Shamim ul Islam

The dancing butterfly.





Step Together is an ongoing project designed to promote the importance of dancing for mental wellbeing.

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