

Dancing with the Seymour Stars Questionnaire



Name: Kat Hardwick

Day Job: Owner/Choreographer/Fitness instructor at Body Rock Dance, Health & Fitness Studio

What was your dream job in the first grade?: as far back as I can remember

I wanted to be an actress, specifically on Broadway so I could sing and dance as well

What is your favorite dance from the past?: it's really hard to pick just one,

but when Swing/Jive/Lindy Hop are so fun!

What is your favorite “go-to” dance move at a wedding reception?: When you have as many moves as I do you don't just have one "go-to" warning to my fellow competitors, wink, wink lol

What is your favorite karaoke song?: I'm a big fan of the drama so one fave is

Holding Out For Hero by Bonnie Tyler

If you could hear one song on repeat, what would it be?: It's impossible to pick just one...

but one all time favorite is P.Y.T. by Michael Jackson

What is your dance background?: a little bit of everything- some Tap, Several years of Ballroom-

Latin styles, Swing, Hustle, Waltz, etc... I choreograph musicals and I do hip hop and Jazz, Pop, & Burlesque workshops as well

What do you hope to get out of this experience?: as always to be able to raise a lit of money

for some worthy causes while doing what I love the most- dancing!

Why do you think you should be the next DWTSS winner?: if it was just about dancing,

I deserve to win because I don't spare any details and I put my entire heart and soul into the dance/performance!

Additional comments?: it's been an honor and an immense pleasure to be able to be a part of every year of Dancing With the Seymour Stars except for one (2023) I've met some incredible people, help to raise hundreds of thousands of dollars and it is open several doors for me personally and professionally. Thank you to everyone that has put in so much effort and love over the years to make this event so incredibly rewarding and fun! Thank you from the bottom of my heart for allowing me to be a part of it!