

# Celebrity Interview: Dance Mom's Teen Star Ava Cota



Interview

by [Lori Bizzoco](#). Written by Gillian Lee

Who *hasn't* heard of *Dance Moms*? Virtually nobody. So you've most likely seen dancing legend Ava Cota, but did you know just how much this young starlet has accomplished? At just 16 years old, Cota is not only a professional dancer and reality star, but she recently added model and media influencer to her repertoire, with the goal of spreading positivity. Cota started dancing at a young age and was trained at a studio founded by her mother. She says that this inspired her to become the dancer she is today. Realizing she had a passion for dance, Cota wanted to dance professionally and has certainly succeeded in her dream. In our [celebrity interview](#), we talk to Cota about her dancing life and what she dreams of next.

# Celebrity Interview with Ava Cota: Spreading Positivity

While discussing competitive dancing, Cota explains that dance competitions aren't about who wins or comes in first. She says it is about being on stage and performing. "It's easy to get caught up in the competition aspect of it," Cota tells us but cautions that a little bit of rejection is not a bad thing. Cota says that she loves all forms of dance but if she had to choose a favorite, it would currently be contemporary.

Dancing wasn't always an easy journey for this six foot tall teenager. "It was a challenge," she explained. "But dancing through constant growth spurts helped me with my balance and coordination." Cota tells us that her growth made her develop extra muscles, giving her awareness and confidence of her body. "Dancing is very different for tall girls, so I had additional learning to do,"

**Related Link:** [Celebrity Interview: Chloe Lukasiak Talks 'Dance Moms': "I'm Kinda Doing My Own Thing Now"](#)

Dancing has had its advantages, this past fall Cota was in New York City for Fashion Week and had the opportunity to walk the runway, sporting looks from numerous designers. With long legs and a perfect posture, modeling could be a natural calling for this dancer turned model. Cota mentioned during our interview that she recently partnered with a designer to start her own clothing line. "My style has a casual feel, but with the ability to dress it up if you'd like," she said, "It has the vibe of Pretty Little Liars meets New York City."

With a busy schedule, she says that there is no time to be a normal teenager! Cupid's Pulse asked Cota how she finds ways to relax with her friends and feel normal while juggling all of the demands of fame. She said, "I was never that kid that wanted the normal." She's never had a normal life and, at the

moment, she isn't really looking to create one. When asked about the all-important love life teenagers typically chase, Cota said she doesn't have time for boyfriends. We can understand why!

**Related Link:** [Celebrity Interview: SYTYCD Winner Gaby Diaz Says, "I'm All Dance Before Romance"](#)

At only 16 years old, Cota has developed a network and presence of influence and she is passionate about using her platform to spread positivity. Her motto is, "Self love creates self happiness," and she shares this with those around her. This is such a powerful statement in a world built around technology; growing up with social media can be hard on those who don't have self confidence. But Cota is trying to break through that tough barrier and spread messages on body positivity and self happiness. The world needs more uplifting spirits like Cota.

Before we wrapped our interview, we had to ask Cota about her future goals. For someone so young, she has accomplished so much already. But the one thing she remains constant about is this: "I want to use my platform as an influencer to share my message and spread positivity."

*You can keep up with Ava and her journey by following her Instagram @ava.michelle and her Twitter @avamichelle2002. Keep up with her daily life by following her on Snapchat at @avamichelle\_02.*

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## **Celebrity Interview: Chloe**

# Lukasiak Talks 'Dance Moms': "I'm Kind of Doing My Own Thing Now"



Interview

by Lori Bizzoco. Written by Kayla Garritano.

From the age of two, Chloe Lukasiak knew she wanted to step foot on the dance floor, only to dance her way into fame. She starred in the first four seasons of *Dance Moms*, but this blonde performer has recently left to further her dance career with her self-titled channel, *Chloe on Pointe*, on *Ownzones.com*. Now working on season two, the 15-year-old dancer has much to share in this exclusive [celebrity interview](#) with CupidsPulse.com on what's ahead in the upcoming season, as well as life after leaving *Dance Moms*.

## In our celebrity interview, Chloe Lukasiak opens up about her career and gives some advice for young girls following their dreams.

Lukasiak's proven that she can handle being on her own. Her channel, which focuses on dance tutorials, also provides fans insider exclusives on her life through vlogs, and even offers beauty DIYs. So it's no surprise as to why *Chloe on Pointe* was renewed for a second season with the great content she's uploaded thus far. When asked why she wanted to create her own show, Lukasiak responded with, "I thought this would be a great way to teach, and give fans a look into the dance life. They can learn with me." This move to *Ownzone* has also helped Lukasiak gain new skills, which she appreciates because she's been exposed to things she's never tried before. Such as helping choreograph and teach her own dance solo! Being able to create, perform and teach has turned Lukasiak into a triple threat to be reckoned with. You'll be able to see the solo on her channel within the next couple of weeks. "I'm hoping that people really like it," she says.

**Related Link:** [Date Idea: Dance the Night Away](#)

Despite all her success, Lukasiak took a moment to reflect on how her career started. She left *Dance Moms* after season four, when instructor Abby Lee Miller made negative comments on her appearance and said her routine was a "hot mess." But instead of crying about it, Lukasiak says she's doing her own thing now and acknowledged that she hasn't kept in contact with her former dance teacher. She went on to mention that she still talks to a few of the girls here and there, but everyone has their own lives and busy schedules. "It's just hard to keep in touch with everyone, since our schedules have taken us different places." However, she admits to being close

with Paige and Brooke Hyland, who were also on the show and left at the beginning of season four. As far as other experiences she had on the show, Lukasiak opens up about how it's had a lasting effect on her. "I was nine, and I left when I was about thirteen, so I grew up really fast in that environment." She goes on to say that the show helped her come out of her shell and overcome her shyness. However, it is clear that Lukasiak is staying away from her past as best as possible. In recent weeks, there has been talk about canceling *Dance Moms* season 7. Responding to the news, she says, "I guess this might be the end of *Dance Moms*." She was also unaware of the rumor regarding Kendall Jenner joining the show, which she thinks would be a strange and interesting change.

**Date Idea:** [Date Idea: Beat of the Music](#)

Now that Lukasiak is occupied with her channel, dance and other exciting events, it's hard for her to make time for friends and school. When asked how she balances her responsibilities and fun, she responded with, "You have to figure out what's important and what's not important. It's about what you do with your time and how you handle it efficiently." She mentions that she focuses a lot of time on school, but stresses that it's important to be social and hang out with your friends. Lukasiak also shares some advice for young girls who are looking to dance competitively: "Do what makes you happy, because at the end of the day, you are your own person. If you're not happy, then something's wrong. Remember at the end of the day you're just getting a trophy," she jokes.

What can we look forward to seeing from Lukasiak? Aside from a potential Christmas special on her channel, she will appear in two upcoming movies. She's also been thinking about college and what she will do with her life. "If I had to guess, I'd still dance, but I don't know if I could study dance."

You'll be able to find Chloe On Pointe on [Ownzones.com](http://Ownzones.com). For more on Chloe Lukasiak, you can check out her [YouTube Channel](#), [Instagram](#), and [Twitter](#).