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SheKnows Exclusive: Former *Dancing with the Stars* Pro Lacey Schwimmer Tells SheKnows Why She Left the Show

Los Angeles, CA- February 29, 2012 – After six seasons on the hit ABC competition show *Dancing with the Stars*, instructor Lacey Schwimmer has decided to leave the show without regrets and she is telling [SheKnows.com](http://www.sheknows.com) exclusively her reasons for exiting stage left while mapping out what lies ahead.

The dedication needed to partake in *Dancing with the Stars* proves Lacey to be a hard worker and a trooper while training stars with two left feet. Now, she says, it's time to take a step back. "There are a lot of things going on in my life that I kind of need [to] step back and focus," the star explained. Her upcoming ventures include starting her own line of professional dance costumes, buying a house with her boyfriend, and releasing a musical album.

It's clear that even off the stage, Schwimmer is one busy girl. Get the full scoop about Lacey's *Dancing with the Stars* departure and her career plans by reading the [full article on SheKnows.com](http://www.sheknows.com/entertainment/articles/952039/exclusive-lacey-schwimmer-explains-dancing-with-the-stars-departure). You can also catch Lacey giving SheKnows a dance lesson on March 19th for fans who want to learn to bust a move during the Season 14 premiere of *Dancing with the Stars*.

Click below for the full article:

<http://www.sheknows.com/entertainment/articles/952039/exclusive-lacey-schwimmer-explains-dancing-with-the-stars-departure>

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About SheKnows.com:

Getting to the heart of what it really means to be a woman, SheKnows (www.sheknows.com) attracts more than 55 million unique visitors (Google Analytics, April 2011). With editors dedicated to providing daily content for women seeking advice, information and a fresh, fun take on life, the site is among the most authoritative and comprehensive sources for women ages 18 to 54. SheKnows boasts a stimulating, well-rounded online experience enhanced with a vibrant message board community and captivating blogs in addition to free games.

As one of the fastest-growing destinations on the web, SheKnows is recognized among the top 3 properties for women. Recently honored by Forbes as one of the Top 100 Websites for Women and one of the Top 10 Lifestyle Sites for women, as well as for the second year in a row SheKnows won the OMMA Award for Web Excellence in 2011 and has been named the No. 1 site for Family, Parenting and Women's Interests. For advertisers, sponsorship opportunities and creative integration go well beyond the banner and make marketing messages an uninterrupted part of the user experience. The company is based in Los Angeles with offices in New York, Scottsdale and Chicago. SheKnows is part of AtomicOnline (www.atomiconline.com), Evolve Media Corp.'s publishing unit.

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