En pointe - Di Wilson's story:

[Di] I can listen to that piano play and go back to when I was a kid. It just makes me feel beautiful inside. There was a little mirror in the studio. I didn't see me, I saw Margot Fonteyn.

I was about 13 or 14, I guess. My mum was able to allow me to go to Brisbane to see a ballet. It was Swan Lake. When I saw that ballet performance, probably halfway through... Oh... ..I started crying because it was beautiful. My friends were sitting around me and everyone was laughing at me crying. But I just... I simply could not help it. But it left me with a feeling that, "I must experience this all the time in my life."

I mentioned to my ballet teacher, I thought she should know, seeing as she was going to help me get where I wanted. I'll never forget - she put her hand round my shoulder and she said, "Oh, Di, you'll never be a ballerina." And I can remember looking into her eyes. She said, "You're too bum heavy." Those words never left me and I never danced for the next 50 years.

[Radio] Bradman moves round those hungry Australians' left fieldsmen...

[Di] I ended up joining the navy - I was a radio communications officer - and married a well-known cricketer and sportsman by the name of Max Wilson. We had three sons and a daughter. Did my training as a registered nurse at the Gold Coast Hospital.

At 72 years of age I'm still full-time working. I work at Raffles Assisted Aged Care and in all those years I only ever went to one ballet. Every time I went it used to break my heart. I used to watch it on TV and I'd sit there and cry.

In the year 2008, my husband succumbed to Lewy Body dementia. During this time, I met a young lady, Fiona Munroe. She ran a ballet school. She asked me one night if I'd like to join. I walked into that class that first night and everyone's kind of turned round and looked at me and Fiona introduced me to the girls and just said that I would be a member of the class. And it was just like I was transported back to my childhood. It was just so beautiful.

It was 2012 so I'd lost Max, I was at home by myself and our little dog, and, um, life was pretty lonely at that time, you know, and I think I was really quite on the road to depression at that particular point in my life. I... I coped with all that through ballet. That was the only thing that kept me going.

I met Jade who worked for Fiona and Jade gave me private lessons to get me back up en pointe. Pointes are a ballet shoe that the end is a block. That's what you actually stand on and it's where you're right up on tippy toe. Your ankles in particular are your core strength. It's a combination of your whole body to be able to hold your balance en pointe.

Jade choreographed a dance for me en pointe. I got on stage and I thought, "Oh..." I... Even though I may not have looked it, I felt like I was Margot Fonteyn again. I had the same feeling as I had when I was a kid. I felt beautiful, I felt... I felt like I could fly around that stage and I felt like every move I made was absolute perfection. I felt so, so good. And then when I finished and the music stopped, I thought, "I really want to do that again."

In 2012, my baby boy, Jamie, and his wife had a little girl called June. From the time she would sit still long enough, I would read her ballet stories. June and I regularly attend the Queensland Ballet. She sits, fascinated, through every performance.

People are surprised that I want and do dance. They seem to think it's not normal for a person of my age. And, you know, sometimes that's hard to accept. I think I'm just a normal person doing what they love.

Dance is as necessary to me now as what food and, you know, air is. I have to dance.