# Amber Davies defies expectations with quick adaptation on Strictly Come Dancing



Amber Davies, the 2017 winner of Love Island, has stepped into the spotlight once again, this time as a last-minute replacement on Strictly Come Dancing following Dani Dyer's unfortunate ankle injury. At 29, Davies brings to the show a background rooted in musical theatre, having starred in notable productions such as Pretty Woman and 9 to 5: The Musical. Her transition from reality TV star to West End performer marks a significant shift, underscoring her ambition to establish a serious career in the performing arts.

Davies has openly acknowledged the challenges of stepping in just days before the live show, highlighting the steep learning curve that ballroom dancing presents compared to her previous experience as a singer and actress. She likened the difference to the contrast between pop singing and opera, reflecting on how demanding this new discipline is for her. To focus on her performance, she has deliberately avoided engaging with negative comments on social media, stating, “I refuse to read any comments online. I am not going there. In the past, I have gone looking for it, and it just makes me feel like crap.” This approach reflects her determination to stay positive and concentrate on rehearsals as she navigates this high-pressure environment.

Her boyfriend, theatre actor Ben Joyce, has been a significant source of support, complimenting her for performing the best routine she has done so far. Partnered with professional dancer Nikita Kuzmin, Davies is committed to mastering the art of ballroom dancing despite her initial novice status in this specific style. On Strictly’s live debut, she impressed judges with a waltz that earned her 27 points, a commendable start given her recent introduction to the show.

However, Davies' inclusion on Strictly Come Dancing has sparked some controversy. Several critics and fans have raised concerns about fairness, pointing to her extensive dance background—which includes a diploma in professional musical theatre and dance—as giving her an advantage over other contestants who might be complete beginners. Some argue this experience contradicts the show's traditional premise of teaching novices to dance. On the other hand, supporters and some contestants have defended her, recognising the pressure she faces stepping in at short notice and applauding her rapid adaptation and performance quality.

Davies herself has anticipated this criticism. During a podcast interview, she described herself as a beginner in ballroom and Latin dance, despite her broader dance training, and expressed a heartfelt commitment to prove herself on the show. She emphasised that she respects the opportunity to participate in Strictly and is focused on giving her best performance.

Despite the mixed reception, Davies remains mindful of her roots and supportive of Dani Dyer, staying in communication with her friend and former contestant, who is currently recovering from her injury. “If the shoe was on the other foot… I can only imagine how devastated I would feel,” Davies reflected, highlighting their close connection and mutual respect.

In sum, Amber Davies is drawing on her resilience and professional experience as she attempts to balance public scrutiny with her aspirations on Strictly Come Dancing. Through careful management of social media negativity, encouragement from loved ones, and a clear-eyed focus on her new role, she aims to carve out a respected place in the competitive world of dance and theatre.

### 📌 Reference Map:

* Paragraph 1 – [[1]](https://www.el-balad.com/6736398), [[2]](https://feeds.bbci.co.uk/news/articles/cp8w0zx58neo), [[4]](https://rts.org.uk/article/amber-davies-replace-dani-dyer-bowen-strictly-come-dancing), [[7]](https://www.the-independent.com/arts-entertainment/tv/news/strictly-come-dancing-amber-davies-love-island-who-b2839266.html)
* Paragraph 2 – [[1]](https://www.el-balad.com/6736398), [[5]](https://bangpremier.com/story/345/3392906/-i-feel-like-i-know-there-will-be-like-she-s-trained-amber-davies-predicted-strictly-criticism)
* Paragraph 3 – [[1]](https://www.el-balad.com/6736398), [[5]](https://bangpremier.com/story/345/3392906/-i-feel-like-i-know-there-will-be-like-she-s-trained-amber-davies-predicted-strictly-criticism), [[2]](https://feeds.bbci.co.uk/news/articles/cp8w0zx58neo), [[3]](https://www.gbnews.com/celebrity/amber-davies-bbc-strictly-fix-row)
* Paragraph 4 – [[3]](https://www.gbnews.com/celebrity/amber-davies-bbc-strictly-fix-row), [[6]](https://www.nationalworld.com/culture/television/amber-davies-why-strictly-come-dancing-fans-annoyed-by-dani-dyers-replacement-5335840), [[5]](https://bangpremier.com/story/345/3392906/-i-feel-like-i-know-there-will-be-like-she-s-trained-amber-davies-predicted-strictly-criticism)
* Paragraph 5 – [[1]](https://www.el-balad.com/6736398), [[6]](https://www.nationalworld.com/culture/television/amber-davies-why-strictly-come-dancing-fans-annoyed-by-dani-dyers-replacement-5335840), [[5]](https://bangpremier.com/story/345/3392906/-i-feel-like-i-know-there-will-be-like-she-s-trained-amber-davies-predicted-strictly-criticism)
* Paragraph 6 – [[1]](https://www.el-balad.com/6736398)
* Paragraph 7 – [[1]](https://www.el-balad.com/6736398), [[2]](https://feeds.bbci.co.uk/news/articles/cp8w0zx58neo), [[3]](https://www.gbnews.com/celebrity/amber-davies-bbc-strictly-fix-row), [[5]](https://bangpremier.com/story/345/3392906/-i-feel-like-i-know-there-will-be-like-she-s-trained-amber-davies-predicted-strictly-criticism), [[6]](https://www.nationalworld.com/culture/television/amber-davies-why-strictly-come-dancing-fans-annoyed-by-dani-dyers-replacement-5335840)

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.el-balad.com/6736398> - Please view link - unable to able to access data
2. <https://feeds.bbci.co.uk/news/articles/cp8w0zx58neo> - Amber Davies, winner of Love Island 2017, has joined the Strictly Come Dancing line-up, replacing Dani Dyer, who withdrew due to an ankle injury. Davies, 29, has a background in musical theatre, with roles in productions like Pretty Woman and 9 to 5: The Musical. She expressed excitement about joining the show, stating it's a dream come true, and sent well wishes to Dyer for a speedy recovery. Davies will debut on the first live show, dancing the waltz with professional partner Nikita Kuzmin.
3. <https://www.gbnews.com/celebrity/amber-davies-bbc-strictly-fix-row> - Amber Davies, a West End performer, replaced Dani Dyer on Strictly Come Dancing after Dyer fractured her ankle. Davies impressed judges with her waltz alongside Nikita Kuzmin, scoring 27 points. However, her participation sparked debate about fairness, with some contestants expressing concerns over her extensive dance background. Critics questioned the choice, suggesting it undermines the show's premise of teaching novices to dance. Supporters defended Davies, noting her rapid adaptation and performance under pressure.
4. <https://rts.org.uk/article/amber-davies-replace-dani-dyer-bowen-strictly-come-dancing> - Amber Davies is set to join Strictly Come Dancing, replacing Dani Dyer-Bowen, who withdrew due to a fractured ankle. Davies, winner of Love Island 2017, has since built a career in musical theatre, starring in productions like Pretty Woman and 9 to 5: The Musical. She also hosts the podcast Call To Stage. Expressing her excitement, Davies stated it's a dream come true to join the show and sent well wishes to Dyer for a speedy recovery.
5. <https://bangpremier.com/story/345/3392906/-i-feel-like-i-know-there-will-be-like-she-s-trained-amber-davies-predicted-strictly-criticism> - Amber Davies, who replaced Dani Dyer on Strictly Come Dancing, anticipated criticism regarding her dance training. Despite her background in musical theatre, she considers herself a beginner in ballroom and Latin dancing. Speaking on her podcast, Davies acknowledged potential critiques but expressed determination to give her best performance. She emphasized her commitment to the show and her respect for the opportunity to participate, aiming to prove herself despite her previous experience.
6. <https://www.nationalworld.com/culture/television/amber-davies-why-strictly-come-dancing-fans-annoyed-by-dani-dyers-replacement-5335840> - Amber Davies, a trained dancer and West End performer, replaced Dani Dyer on Strictly Come Dancing after Dyer's ankle injury. Davies' extensive dance background, including a diploma in professional musical theatre and dance, has drawn criticism from fans who feel her experience gives her an unfair advantage. Some viewers expressed concerns that her participation contradicts the show's premise of teaching novices to dance. Despite the backlash, Davies remains focused on her performance and the opportunity to showcase her skills.
7. <https://www.the-independent.com/arts-entertainment/tv/news/strictly-come-dancing-amber-davies-love-island-who-b2839266.html> - Amber Davies, former Love Island winner, became a last-minute addition to Strictly Come Dancing, replacing Dani Dyer, who withdrew due to an ankle injury. Davies, 28, has transitioned from reality TV to a successful career in musical theatre, starring in productions like 9 to 5 and Pretty Woman. She expressed excitement about joining the show, describing it as a dream come true, and sent well wishes to Dyer for a speedy recovery. Davies will debut on the first live show, dancing the waltz with Nikita Kuzmin.