

## Why Do We Dance?

We as Canadians are a very diversified and unique society exposed to many, many cultures and dances. We all listen to music and regardless of whom you are, we all feel some urge to dance at one time or another, or are expected to dance on occasion.

Dancing isn't something that can be explained in words. It has to be danced. Why? Because dancing is far easier to feel than to explain.

If you already dance, it may be interesting for you to read, the many reasons listed in this article that may pertain to your desire to dance, and some of these may surprise you. No, it is not because dancing is an inexpensive date, or because you have nothing better to do. So, let's be realistic. Dancing makes me happy. It is said that there are many short cuts to happiness, and that dancing is one of them. I know that dancing makes my wife happy, and anything that puts a smile on her face is something I want to be doing.

### **Exercise for your mind?**

Absolutely. Scientific studies have proven that dance has been shown to improve motor function, mental symptoms and overall quality of life in both people with and without Parkinson's disease or dementia.

(Ten ways dance strengthens the brain [www.nicabm.com](http://www.nicabm.com) )

### **We dance for emotional stability.**

"While I dance I cannot judge, I cannot hate, I cannot separate myself from life. I can only be joyful and whole. This is why I dance" (*Hans Bos*)

George Bernard Shaw once wrote...

" if you can't get rid of the skeletons in your closet, you'd best teach it to dance"

We all have circumstances in our lives that demand our attention and leave us with emotional highs and lows that consume our thoughts. When we dance, all our thoughts amalgamate to our dancing, leaving us free to experience the pleasures of friends, partners, music and dance.

### **We dance to express ourselves**

Great dancers are not great because of their technique, they are great because of their passion. I see dance being used as communication between body and soul, to express what is too deep to find in words.

"The truest expression of a people is in it's dance and in it's music. Bodies never lie."  
(*Agnes De Mille*)

### **Dancing makes you more interesting as a person**

"Dancing insists we take up space, and though it has no set direction, we go there together. Dance is dangerous, joyous, sexual, disruptive and contagious. It can happen

anywhere, at any time, with anyone and everyone. Dance joins us and pushes us to go further.” (*Eve Ensler*)

Personal artistic expressions draw attention to us as dancers. There are so many ways one can dance. Artistic expression can be unique to you as an individual and create interest in those that wonder where your creativity comes from. Is it your cultural background, your ethnic heritage or simply your love of dance?

### **It is said that dancing is all fun and no pressure**

Now I realize that not everyone enjoys dancing as much as I do, but I really believe that you feel better when you dance. Some people feel nervous, or self conscious or maybe even shy? For us, life really is so much more fun when you throw all of that out the window and just live in the moment and dance. No one cares if you are a good dancer or not. “Dance like nobody is watching” is a common phrase with deep meaningful roots.

Dancing cures the “working is no fun” syndrome Fact. ([www.dancewithmeusa.com](http://www.dancewithmeusa.com))

Eight reasons why dancing will enhance your mood and boost productivity while you work.

- 1: Dancing makes you smarter
- 2: Dancing encourages team building
- 3: Dancing improves your energy level and wellness
- 4: Dancing improves your health and fitness
- 5: Dancing boosts your confidence
- 6: Dancing improves your creativity
- 7: Through dancing, your perseverance and dedication are noticed and valued.
- 8: Dancing is fun.

Dancing provides us the opportunity to exercise, socialize and share our love of dance with friends. We would never have dreamed that dancing would expand our friendship circle to the magnitude it has become. How exciting it is to know that we can dance anywhere from Yuma, Az, to Halifax, NS to Vancouver Island and many, many other places in between, meeting new friends and renewing old friendships.

Travelling to dance conventions in Canada and the U.S. provides the perfect opportunity for us to see old friends again.

There are far too many reasons why people dance. For me to expand on or to justify any one person’s specific reason is not necessary, only that they dance.

Some will tell you that it is excellent exercise for the body and mind. Some dance for mental clarity. Some dance to show the world who they really are and project an image, or to overcome fear, improve relationships, decrease anxiety or to help them cope with daily stressors. Some dance because it makes them feel beautiful and powerful.

Jamie Benson explains how dance can replace your physical and psychological burdens (both chemically and emotionally) with pure joy.

[www.thoughtcatalogue.com/jamie-benson](http://www.thoughtcatalogue.com/jamie-benson)

The best part is that literally, anyone can dance for whatever the reason.

**Why do we dance?**

Perhaps a better question would be ..... Why would we not?

See you at the 2018 Canadian Square and Round Dance Convention in London,  
Ontario, July 19, 20 & 21

**“Make The Scene in 2018”**