

TAWAU: **Line dancing** is getting more popular as a unique form of exercise because it provides the heart-**healthy** benefits of an aerobic exercise while also allowing **you** to engage in a social activity. The exercise not only helps the **dancers** to keep fit and **healthy** but also learn to master a dance and build friendship.

Other studies show that dance **helps** reduce stress, increases levels of the feel-**good** hormone serotonin, and **helps** develop new neural connections, especially in regions involved in executive function, long-term memory, and spatial recognition.

Research has found that **dancing** improves strength and muscle function in **older adults**, as well as increasing balance and flexibility, leading to better stability and fewer injuries. **Dancing** can also improve your cardiovascular health, which will decrease your chances of developing heart disease.

Dancing is not only fun but **is** also a great workout **to lose weight**. ... A ballet **dance** class **can help** you burn twice the calories as a contemporary **dance** class **does**. The right intensity, music, steps and a well-monitored diet **can help** a person burn 400 calories during one hour of **dancing**.

Dancing in general increases, muscle strength and flexibility, which in turn, improves overall range of motion. **Dance** also increases core strength which can improve balance, coordination, and posture (which reduces back pain).

Dancers maximize cognitive function and muscle **memory** through practice. **Dancing improves** brain function on a variety of levels. ... Through regular aerobic training that incorporates some type of **dance** at least once a week anyone **can** maximize his or her brain function.

Dancing Makes You **Smarter**. Use It or Lose It: Dancing Makes You **Smarter**, Longer. ... A major study added to the growing evidence that stimulating one's mind by dancing can ward off Alzheimer's disease and other dementia, much as physical exercise can keep the body fit. Dancing also increases cognitive acuity at all ages.

Get ready to hit the **dance** floor! **Dancing** is a whole-body **workout** that's actually fun. It's **good** for your heart, it makes you stronger, and it can help with balance and coordination. A 30-minute **dance** class burns between 130 and 250 calories, about the same as jogging.

The following line dances are some of the most popular ones across the spectrum of dance genres:

- Cotton-Eyed Joe.
- Chicken Dance.
- Hokey Pokey.
- Macarena.
- The Hustle.
- Tush Push.
- The Stroll.
- The Hora.

Aerobic **Dance** Calories Burned

In general, a 150-pound woman burns about 400 calories per hour in a low-impact class, but burns about 500 calories per hour in a high-intensity class. If weight loss is your goal, aerobic **dance** is likely a **better** choice **than walking** on the treadmill.

Like any **good**, low-impact cardio workout, **dancing** can improve cardiovascular **health**, increase stamina, strengthen bones and muscles and stave off illnesses. ... Comana describes five components of fitness: cardiovascular endurance, flexibility, muscular endurance.

Why Dance is **Important**. Dance is more than the exploring of different ways to make a shape or learning a series of steps to music; it is a way of moving that uses the body as an instrument of expression and communication. ... Dance also enables students to better understand themselves and the world in which they live.

Research is now saying that **dancing** is key to living **longer**, and may be even better for your health than endurance exercise. You may not feel young enough to go to the club, but you can **live longer** and boost your energy levels by engaging in social **dance** lessons or doing **dance**-based exercise routines.

Because dance requires mental, physical, emotional and social skills, all of these functions working together can be **beneficial to your brain** and overall health. ... **Dancing** involves other people and can reduce feelings of isolation and social stress, which can contribute to the risk of cognitive decline.

Why do I love to dance?

Dance is an escape

Dance is a great stress reliever. If you're angry or upset, **dancing** away the pain will make you feel 1,000 times better. In fact, these emotions actually make your **dancing** even better. It gives you confidence and makes you feel free and happy again.

For many people, **dancing** prompts an emotional release – often that's uncomplicated happiness, while for some it can **make** them cry. ... **Dancing** also improves spatial awareness, as well as raising the heart rate and causing a release of feel-good endorphins into the bloodstream.

Dance Today, Smile Today

Endorphins are released when the body is forced to exert itself at a certain level. You may have heard of a 'runner's high'; because **dancing** is a similar activity, this same boost in mood can be achieved through **dancing**. ... **Dancing** also **affects the mind** by contributing to a sense of satisfaction.

Line dancing is exactly what its name implies: people **dancing** in **lines** to music. **Line dances** are choreographed **dances** with a repeating series of steps that are performed in unison by a group of people in **lines** or rows, most often without the **dancers** making contact with one another.

Health benefits of dancing

- improved condition of your heart and lungs.
- increased muscular strength, endurance and motor fitness.
- increased aerobic fitness.
- improved muscle tone and strength.
- weight management.
- stronger bones and reduced risk of osteoporosis.
- better coordination, agility and flexibility.

Dance improves your heart health, overall muscle strength, balance and coordination, and reduces depression. ... The results showed the girls who took the **dance** classes improved their **mental** health and reported a boost in their mood. These positive effects lasted up **to** eight months after the **dance** classes ended.

There are several **popular** types of ballroom **dances** including the Cha Cha, foxtrot, jive, lindy hop, mambo, paso doble, quickstep, rumba, samba, tango, Vietnamese waltz, and the waltz. For more information and tips on **dancing**, checkout CoachUp's **dance** resource articles!

So, here are 5 of the most popular line dances in the United States that are perfect for family fun:

- #1: Watermelon Crawl Country Line Dance.
- #2: Copperhead Road Line Dance.
- #3: Cowboy Boogie Line Dance.
- #4: Achy Breaky Heart.
- #5: Boot Scootin' Boogie.

Dancing can give **you** a **flat stomach** from burning calories and working out your abdominal muscles. Achieving a **flat stomach by dancing will** require that **you** burn more calories from **dancing** than **you** eat in a day and implementing a **dance** routine that helps build abdominal muscle.

This **dance should** be practiced every day for 30 **minutes** to **lose weight**. You can **dance** alone or with a group who loves thumping, fast paced music. It will be a fantastic experience to enjoy this **dance** form in a group.

Muscle **Tone**

Dancing is especially good for the muscles in **your** legs and glutes. ... Some forms of **dancing** also work the arms and the upper **body**. As muscle **tone** improves and flexibility increases, you'll may experience relief from back pain and an increase in stamina.

Here are 5 important tips that will help you improve as a dancer fast:

1. Take Lessons Consistently (You're not special) Some people think that they can get good without ever taking any dance lessons... ..
2. Practice Daily At Home/Studio. ...
3. Have A Goal. ...
4. Feel your body. ...
5. Keep yourself inspired.

It is great exercise that gets your mind and **muscles** working no matter who you are. With so many styles of Ballroom **Dance**, it's easy to find your favorite once you get started. ... Increase Strength and Overall Health – **Dancing** is exercise so, naturally, it will assist in strengthening your bones and **muscles**.

A regular **dance will** keep your mind active as well as your body. Exercise improves circulation and helps prevent oxygen starvation to the brain, and remembering complex steps stimulates the working memory. Research in the USA has shown that **dancing** is the best form of physical activity for keeping the brain active.

A Simple Guide to the 10 Traditional Dances of Ballroom Dance

- Waltz. This is the most commonly thought-of dance when someone mentions ballroom dancing. ...
- Tango. Ballroom tango is different when compared with Argentine tango. ...
- Foxtrot. ...
- Quickstep. ...
- Viennese Waltz. ...
- International Latin Samba. ...
- Cha-Cha. ...
- Rumba.

7 Benefits Of Social Dancing

- Improves Your Social Life. As the name suggests, social dancing improves your social life. ...
- Leads to Improved Social Skills. ...
- Helps Sharpen Your Mind. ...
- Reduces Stress. ...
- Provides New Cultural Experience. ...
- Improves Your Outlook. ...
- Builds Strength.

Dancing Makes You Smarter. Use It or Lose It: **Dancing Makes You Smarter**, Longer. ... A major study added to the growing evidence that stimulating one's mind by **dancing** can ward off Alzheimer's disease and other dementia, much as physical exercise can keep the body fit. **Dancing** also increases cognitive acuity at all ages.

Dancers maximize cognitive function and muscle **memory** through practice. **Dancing improves** brain function on a variety of levels. ... Through regular aerobic training that incorporates some type of **dance** at least once a week anyone **can** maximize his or her brain function.

Scientists have found that **the** areas **of the brain** that control memory **and** skills such as planning **and** organizing **improve** with exercise. **Dance** has **the** added dimensions **of** rhythm, balance, music, **and a** social setting that enhances **the** benefits **of** simple movement – **and** can be fun!

These include helping to maintain and manage weight, improved aerobic fitness, better muscle tone, increased strength, improved heart and lung function, stronger bones, etc. Make no mistake. These physical benefits are invaluable and greatly contribute to overall health.

Dancing is a whole-body workout that's actually fun. It's good for your heart, it makes **you** stronger, and it can help with balance and coordination. ... With dance-inspired workouts ranging from ballroom and ballet to hip hop and club dance classes, **you'll** never be bored!

6 Life Lessons Dance Teaches You

- #1 - Perseverance. Throughout life having this one character trait alone can be the difference between success and failure with just about everything we do. ...
- #2 – Discipline. Discipline often goes hand in hand with perseverance. ...
- #3 – Teamwork. ...
- #4 – Dedication. ...
- #5 – Confidence And Self-Image. ...
- #6 – Passion.

Dancers dance because they love **dancing**. All **dancers** love **dancing** for different reasons, but they all love **dancing**, and they also all admit that they must be a bit insane. ... The final reason most **dancers dance** is because of the applause.

Why Dance is **Important**. Dance is more than the exploring of different ways to make a shape or learning a series of steps to music; it is a way of moving that uses the body as an instrument of expression and communication. ... Dance also enables students to better understand themselves and the world in which they live.

Like any **good**, low-impact cardio workout, **dancing** can improve cardiovascular **health**, increase stamina, strengthen bones and muscles and stave off illnesses. ... Comana describes five components of fitness: cardiovascular endurance, flexibility, muscular endurance, body composition and muscular strength.

Why Do We Get Pleasure from **Dancing**? The first reason **we** derive such pleasure from **dancing** is that many people believe **music** was borne from rhythmic movement, e.g., tapping your foot on the floor. Second, some reward-related areas in the brain are connected to motor areas.

Dance teaches the **importance** of movement and fitness in a variety of ways through a variety of disciplines. ... **Dancing** is a great activity to pursue at almost any age provided you are in proper health to handle the rigors of **dancing for life**. All in all, **dance** is a great way to build invaluable social skills.

Studies using PET imaging have identified regions of the **brain** that contribute to **dance** learning and performance. These regions include the motor cortex, somatosensory cortex, basal ganglia, and cerebellum. The motor cortex is involved in the planning, control, and execution of voluntary movement.

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There is no **best age to start dancing**. From our research, the most conducive **age** to begin serious training is around **ages 7-9**. Prior to this children should be acquiring movement and co-ordination skills in **age**-appropriate activities that might include **dance**.

Skills

- a thorough knowledge of dance and its related issues.
- physical fitness, stamina and perseverance.
- motivation and discipline.
- communication and interpersonal skills.
- creativity.
- resilience.
- confidence and self-belief.
- adaptability to the different disciplines of TV, film and theatre.

The following line dances are some of the most popular ones across the spectrum of dance genres:

- Macarena.
- The Hustle.
- Tush Push.
- The Stroll.
- The Hora.
- Hoedown Throwdown.
- Cupid Shuffle.
- Catwalk Shuffle.

10 of the Best Line Dance Songs of All Time

- "Any Man of Mine" - Shania Twain. This song was crafted for the dancehall. ...
- "Louisiana Saturday Night" - Mel McDaniel. ...
- "Watermelon Crawl" - Tracy Byrd. ...
- "Baby Likes to Rock It" - The Tractors. ...
- 6. " ...
- "Indian Outlaw" - Tim McGraw. ...
- "Good Time" - Alan Jackson. ...
- "Copperhead Road" - Steve Earle.

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Research is now saying that **dancing** is key to living **longer**, and may be even better for your health than endurance exercise. You may not feel young enough to go to the club, but you can **live longer** and boost your energy levels by engaging in social **dance** lessons or doing **dance**-based exercise routines.

According to multiple studies, **dance** movement therapy has been proven to reduce **anxiety** in individuals, including those who suffer from depression and **anxiety** in social scenarios.

The scientific reason for why **dance** has the ability to act as a **stress** reliever stems from the idea that when the body feels good, the mind **does**, too. Any type of physical activity releases neurotransmitters and endorphins which serve to alleviate **stress**.

The Six Easiest, Must-Have Ballroom and Latin Dances to Learn

1. Waltz. The waltz is, by far, the most graceful and well-known of the smooth ballroom dances. ...
2. Foxtrot. The Foxtrot epitomizes old Hollywood, Fred Astaire and Ginger Rogers, and is perfect for virtually any of the classic standards. ...
3. Swing. ...
4. Rumba. ...
5. Cha Cha.

You **can** definitely **learn dance from youtube** videos. It is not necessary to have a teacher to teach you **dance**. Yes, if you have a teacher you **will** get the proper exposure and the **learning** process **will** be faster, but it is not impossible to **learn dance** alone. ... so you **can learn** step by step moves and become an expert.

The floss or flossing is a **dance** move in which a person repeatedly swings their arms, with clenched fists, from the back of their body to the front, on each side.

Many different **dances** are done to country-western music. These **dances** include: Two Step, Waltz, **Cowboy** or Traveling Cha Cha, Polka Ten Step (also **known as** Ten Step Polka), Schottische, and other Western promenade **dances**, East Coast Swing, West Coast Swing, and Nightclub Two Step.

Active Member. If you are just starting **wear** jeans/skirt and just be comfortable. More important, **wear** smooth soled shoes/boots. You can get by with sneakers, but having shoes that spin is a big plus.

5 Popular Line Dances for Weddings (Video Instructions Included)

1. The Electric Slide.
2. The Wobble.
3. The Hustle.
4. Watermelon Crawl.
5. Copperhead Road.

The **Electric** (better known as The **Electric Slide**) is a four wall line dance set to Marcia Griffiths and Bunny Wailer's song "**Electric Boogie**". ... There are several variations of the dance.

Basic **two-step** consists of **two** quick **steps**, followed by **two** slow **steps** (or alternately, **two** slow **steps** followed by **two** quick **steps**). Dancing may start with either the slow **steps**, or the quick **steps**, as the local custom dictates. The leader begins by stepping forward with his left foot.

The right intensity, music, steps and a well-monitored diet **can** help a person burn 400 calories during one hour of **dancing**. People with higher body mass index **can lose** up to two to three pounds in a week. However, people with lower BMIs or of older age may **lose** only one to 1.5 pounds in a week by **dancing**.

The answer is “Yes”, **you can** definitely burn enough calories playing **Just Dance** that **you can** drop extra pounds. ... **If you** take that daily **Just Dance** workout and couple it with a calorie reduction of 500 per day, **you** are looking at **losing** a total of 1.7 lbs per week; which is a very ideal rate of loss.

In general, a 150-pound woman burns about 400 calories per hour in a low-impact class, but burns about 500 calories per hour in a high-intensity class. If weight loss is your goal, aerobic **dance** is likely a **better** choice **than walking** on the treadmill.

The motion forces you to move in parallel, activating muscles that ballet **dancers** usually **don't** use. ... Although **running** is actually gentler than ballet (the force of landing from a leap is equal to about 12 times your body weight; when **running**, it's seven to eight times), **running** adds more strain to vulnerable joints.

Dance is a type of cardio, which **will** burn fat throughout **your** entire body rather than just along **your abs** and waist. ... **Dance** routines that require leaps, jumps or lifting **your** partner -- such as advanced swing **dancing** or ballet -- **can** also help strengthen **your** muscles.

Qualities That Makes a Good Dancer

- Rhythm. Good dancers have a profound sense of rhythm. ...
- Body Type and Health Consciousness. A lean, muscular body is the ideal physical type for a dancer. ...
- Physical Strength and Endurance. Successful dancers are physically strong and flexible. ...
- Dedication and Determination.

Why **Dance** is **Important**. **Dance** is more than the exploring of different ways to make a shape or learning a series of steps to music; it is a way of moving that uses the body as an instrument of expression and communication. ... **Dance** also enables students to better understand themselves and the world in which they live.

How long does it take to learn how to **dance**? Although this varies from student to student, the average **takes** about a month to grasp the beginning steps, and 2 to 3 months to feel comfortable with the basics steps **dancing** in a social setting. But this is a process.

Dancing is a whole-body workout that's actually fun. It's good for your heart, it makes you **stronger**, and it can help with balance and coordination. A 30-minute **dance** class burns between 130 and 250 calories, about the same as jogging. Sign up for a class.

Dance as a discipline has more prospects than body-building. ... However, **dance** proves to be a **better** option because of the burning of that extra fat from your entire body especially with fitness workouts like Zumba, which are proven to burn more calories than a treadmill or rowing machine – in fact way more.

Like any **good**, low-impact cardio workout, **dancing** can improve cardiovascular **health**, increase stamina, strengthen bones and muscles and stave off illnesses. ... Comana describes five components of fitness: cardiovascular endurance, flexibility, muscular endurance, body composition and muscular strength.

What are the emotional benefits of dancing?

- Dancing can eliminate depression. While any exercise is good for your mental health, it's dancing that was found by the New England Journal of Medicine to have the greatest effect on reducing feelings of depression. ...
- Dancers have a sharper mind. ...
- Dance reduces stress. ...
- Dancing can help you connect with others.

How many calories do you burn in 30 minutes of dancing?

According to Harvard Health Publications, **you burn** about 180 **calories** in **30 minutes** of fast **dancing** if **you** weigh 125 pounds. If **you** weigh 155 pounds, fast **dancing** for **30 minutes** **burns** about 223 **calories**.